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**TEMPSURE™ ENVI / FLEXSURE™ RF SKIN TIGHTENING
PRE AND POST TREATMENT INSTRUCTIONS**

IMPORTANT:

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- We CANNOT treat you if you have been tanning, including self-tanners and spray tanning, 4-6 weeks prior to your appointment.
- Results can vary from person to person.

CONTRAINDICATIONS:

- This procedure is contraindicated for those patients who:
- Are pregnant or breastfeeding
- Have an active cold sore/fever blister or skin infection
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes)
- Take medications that alter wound healing response, such as immunosuppressants
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have pacemaker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions
- Have received gold therapy

PRE-TREATMENT:

The following products **MUST BE STOPPED** 48 hours prior to doing treatment: All retinol products such as Retin A, Tazorac, Triluma, Differin, and Vitamin C.

DAY OF TREATMENT:

- Arrive well hydrated.
- Do not wear any make-up or skincare products on the area being treated.
- Remove all metal from around treatment area including jewelry.

POST TREATMENT:

- Some patients may experience mild swelling (edema) and redness (erythema), typically resolving within 2 to 24 hours after treatment. If slightly pink or red, avoid hot water until subsided. Wash skin with tepid water and gentle cleanser.
- Avoid hot tubs, saunas, steam rooms and exercise post treatment. However, all other normal activity can be resumed.
- Makeup can be applied immediately post treatment.
- A non-exfoliant cleanser and light moisturizer can be used the day of treatment. You can resume normal skin care the next day
- Waxing, tweezing, and depilatory creams can be resumed 3 days post treatment.
- All skin irritants (glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) can be resumed 3 days post treatment.
- An SPF 30 or higher UVA and UVB protection will be applied immediately post treatment. Please continue to apply sunblock daily to maximize your results and minimize irritation.
- Chemical peels, toxins and dermal fillers can be resumed in one week post your treatment

If you have any questions or concerns, please call the office at 203-635-0770.