



AVAVA PRE- AND POST-CARE INSTRUCTIONS

Pre Treatment Instructions:

- Avoid sun exposure at a minimum for **(1) week before** treatment.
- Discontinue any topical prescription medication to the treatment area **(1) week before** treatment (Tretinoin, hydroquinone, topical steroids, etc.) – consult with your treatment provider.
- **(1) week before** treatment, discontinue over-the counter skin care products with active ingredients: e.g. AHA (alpha hydroxy acid), BHA (beta hydroxy acid), retinol. If you are unsure, please ask your treatment provider.
- **(2) weeks** before treatment, discontinue all photosensitizing medications (tetracyclines, etc.). Please alert your treatment provider of these medications, and please consult your prescribing physician before stopping.
- Wait **(2) weeks after** chemical peels, lasers, microneedling, Botox, and dermal fillers before starting treatment.
- Patients with a history of swelling, itching, or a histamine-like reaction may be pretreated with histamine-blocker starting **(5) days before** treatment. Please consult your treatment provider.

Post Treatment Instructions:

- You may sleep with your head elevated for **2-3 days** to help with swelling.
- Do not scrub, rub, use exfoliants, or pick at your skin for **(1) week following** treatment.
- Refrain from using any products for **24 hours following** treatment; use only a gentle cleanser and the topical products prescribed by your treatment provider. Continue use of these products for **(1) week after** treatment.
- **After 24 hours**, use a physical sunscreen (containing zinc and/or titanium dioxide) twice daily.
- Avoid direct sun exposure for a minimum of **(1) week after** treatment. For more aggressive treatments, avoid direct sun exposure for a minimum of **(2) weeks after** treatment.
- Avoid facials or facial treatments for a minimum of **(2) weeks after** treatment. Please consult your treatment provider before resuming any other modalities to the treated area(s).
- Remain hydrated during the course of your healing – this can reduce itching and minimize dryness.
- Avoid skincare with active ingredients like AHAs/BHAs and retinols for **(1) week after** treatment.
- Consult with your treatment provider about the use of ibuprofen/acetaminophen.
- Your treatment provider may suggest using a histamine-blocker for swelling and/or itching.
- Your treatment provider may prescribe other oral medications based on your medical history.
- Some patients may experience mild purging after treatment – this is a typical response, and your treatment provider can make recommendations to avoid this.
- **Please contact your treatment provider with any questions or concerns: 609-921-7747.**