

THERMAGE

Pre-Treatment Instructions

- Please discontinue the use of Retinol products at least 3-5 days prior to treatment.
- Avoid sun exposure for 4 weeks before your treatment, and self tanning products.
- Inform the service provider if you have a pacemaker or metal implants, staples, pins or piercings.
- Inform your technician on any tattoos or permanent make up on areas which will be treated.
- You will be asked to remove any metal jewelry, therefore, it may be easier if you simply do not wear any that day.
- Ensure you are well hydrated by drinking plenty of water 2-3 days prior to treatment.
- Shower and apply a rich, hydrating moisturizer to the treatment area on the day of treatment.

Day of Treatment

- To minimize pain, take prescribed pain medication 1 hour before treatment.
- If possible, arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin.
- If you are having your eyes treated please do not wear contact lenses.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!