

# THERMAGE

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## *Post-Treatment Instructions*

- For the following week after treatment- please wear 30 SPF or higher
- Do not irritate treated areas chemically (such as with acne or anti-aging products) or mechanically (such as with sonic cleansing systems) for 1-2 days after treatment.
- Avoid picking or scratching treated areas.
- Make up can be applied immediately after treatment.
- No exercise for 24 hour after treatment.
- Gently wash treated areas with mild cleanser and water. If the treated area is irritated, the area should not be rubbed with a face cloth or towel but rather patted dry.
- Aspirin, aspirin-containing products and ibuprofen should be avoided for at least 2 weeks post treatment. You may use Tylenol for discomfort if necessary. Prednisone and other steroids should be avoided completely for a month, since they affect results (under your doctor's supervision)
- You may experience mild redness after treatment. This resolves by itself and does not require ice or medication.
- Daily use of good skin care products, such as topical Vitamin C and hyaluronic acid, as well as sunscreens is recommended to achieve and maintain optimal results.

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!*