



### **Facial Treatment Before and After Care**

Prior to the Facial treatment, please observe the following:

- Avoid sun exposure and tanning beds to treated areas 2 days prior to treatment (we recommend this indefinitely). Daily sunscreen use with an SPF 30 or greater is always recommended.
- Discontinue use of Retinoids (Renova, Tretinoin, Retin A, Retin A Micro, Over-the-Counter Retinol, Tri-Luma, Solage, etc.) at least 3 days prior to treatment.
- Discontinue use of Hydroquinone 3 days prior to treatment.
- If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to treatment.
- Botox and fillers injected up to 2 weeks prior is not recommended.
- Notify us if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

After-care instructions for Facial Treatments:

- Avoid sun exposure and tanning beds to treated areas 2 dos prior to treatment (we recommend this indefinitely). Daily sunscreen use with an SPF 30 or greater is always recommended.

- Avoid any irritants to your skin, such as any products containing Retinoids (Retin-A, Retinol), Benzoyl Peroxide, Glycolic acid, Salicylic acid, Astringents, or Vitamin C for 1 day after your treatment.

***If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.***