



## SECRET RF PRE & POST CARE INSTRUCTIONS

### BEFORE YOUR TREATMENT:

- Do not wear makeup on the day of the treatment.
- Excess hair may need to be shaved. Men should be cleanly shaved.
- No sun-tanning or self-tanners 4 weeks prior to treatment.
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) 4 days before and after treatment.
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- A history of herpes or cold sores may require an anti-viral prescription prior to treatment.
- Notify Mon Ami Spa with any changes to your health history or medication since your last treatment.

### AFTER YOUR TREATMENT:

- Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area.
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Avoid heat – hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) a few days before and after treatment.
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Bruising, redness and swelling may occur and resolve with time.
- More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime.
- Multiple treatments are required.
- Notify Mon Ami Spa of any concerns.
- Consult with your Mon Ami Spa aesthetician about when to resume your normal skin care regime.

Contact Mon Ami Spa at 601-790-9821 with any questions or concerns.

Thank you!