



## **PRE AND POST CARE INSTRUCTIONS THERMOCLEAR PRO**

- You are not a candidate if you are pregnant or breastfeeding.
- You are not a candidate if you have an implantable pacemaker or some heart conditions.
- High blood pressure and anticoagulants will affect treatment.

### **Pre Treatment**

- Please arrive to your appointment without makeup.
- Avoid exfoliating products or treatments, topical Retinols, AHA/BHA acids for 1 week prior to treatment.
- Stop isotretinoin (Accutane®) 6 months prior to treatment.

### **Post Treatment**

- Use cold compress, ice, Polysporin, Bacitracin or Caladryl lotion for comfort.
- The treated area may feel like a sunburn for a few hours.
- No picking or scratching the treated skin. Wash with mild soap, do not rub.
- Do not use hot water for 24 hours after your treatment.
- No swimming, hot tub or strenuous exercise for 24 hours following your treatment.
- Keep area dry.
- Do not use any exfoliates or abrasive cleansers.
- 24 hours after treatment you may apply makeup as long as there is no bleeding.
- For 2-3 weeks after treatment, avoid sun exposure and tanning beds. Use sunscreen SPF 30 or higher and avoid tweezing, waxing, bleaching, chemical peels and all laser treatments.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.249.6949.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**