



Pre and Post Ultraformer 3 Instructions

Pre care

- **Always** avoid sun exposure as much as possible and wear sunscreen every day, twice a day.
- Stop medical retinol based products 5 days before treatment
- Ensure skin is well hydrated by upping water intake
- You may be advised to take a medication prior to treatment, which may need a prescription and paracetamol is preferred (due to less risk of bruising).
- Do not expose area to direct sunlight or excessive heat for 8 hours prior.

Post Care

- Avoid sun exposure as much as possible and wear sunscreen every day, twice a day.
- If the skin feels hot, refrain from putting occlusive creams & makeup on for 8 hours
- Do not expose area to any direct heat for 24 hours ie overly hot shower

We want you to have an outstanding result.

If you have any questions or unexpected concerns, please call/sms the office for assistance on 0404123781 , email us info@thriveskinclinic.com.au or contact via instagram.