



Skin Booster Treatment Pre-Care Instructions:

To ensure the best results and reduce the risk of irritation or complications, please follow these guidelines before your skin booster treatment.

1–2 Weeks Before Treatment

- Avoid direct sun exposure, tanning beds, and self-tanners. Sunburned or recently tanned skin cannot be treated.
- Discontinue use of retinoids, retinol, tretinoin, glycolic acid, salicylic acid, and other exfoliating products for at least 5–7 days prior.
- Do not undergo other facial treatments (chemical peels, microneedling, or lasers) within 2 weeks of your appointment.
- Avoid waxing, depilatory creams, or electrolysis in the treatment area for 1 week prior.
- If you have recently had Botox or fillers, wait at least 2 weeks before receiving a skin booster.

3–5 Days Before Treatment

- Refrain from alcohol, aspirin, ibuprofen, fish oil, vitamin E, ginkgo biloba, or other blood-thinning supplements (unless prescribed by your physician) to minimize bruising.
- Keep skin well hydrated by drinking plenty of water and using a gentle moisturizer.
- Avoid harsh scrubs or exfoliants.

Day of Treatment

- Arrive with clean skin, free of makeup, lotion, sunscreen, or perfume.
- Do not apply any active skincare products the morning of your treatment.
- Avoid caffeine and alcohol to help reduce risk of bruising and swelling.
- If you are prone to cold sores, notify your provider. An antiviral may be recommended.

- Wear comfortable clothing and avoid jewelry near the treatment area.

Important Notes

- Notify your provider if you are pregnant, breastfeeding, have a history of keloids, bleeding disorders, active infections, or skin conditions in the treatment area.
- Inform your provider of all medications and recent cosmetic procedures.
- If you are currently on isotretinoin (Accutane), you must wait at least 6 months before undergoing this treatment.