

## Zoya's Face Spa

### Post care instructions for microdermabrasion chemical peels, laser hair removal, Syneron laser hair removal and intense pulsed light treatments.

After each microdermabrasion, chemical peel, laser hair removal, Syneron laser or Intense Pulsed Light treatment you must immediately apply sunblock. Sunblock must also be applied everyday regardless of weather conditions outside. Year round daily use of sunblock is now a nationally standard recommendation because "background radiation" exists all year long. Although invisible to you, radiation accumulates and leads to extensive skin disorders including cancers. Radiation even penetrates cloud cover, as well as glass, including house and car windows. It is imperative during the course of your treatments, that sunblock be applied daily and re-applied throughout the day during warmer sunny days, or while exercising or swimming.

After your in-office treatment, you may notice temporary redness (erythema) in the treated area. This erythema usually disappears quickly after your treatment. Although rare, swelling, tenderness, sustained redness or a blister may appear after treatment. If this occurs, by signing this form, you agree to call the spa immediately so that we may invite you in to inform you on how best to care for your skin.

We require that you apply cold compresses, such as covered ice packs, immediately to the treated area if sustained redness, tenderness, swelling or a blister occurs. Cool compresses must be applied for 10 minutes on, 20 minutes off, immediately after receiving treatment, for several hours until the redness and/or swelling subsides. Applications of pure aloe vera gel may also be applied to the area to calm the skin and reduce redness and irritation. In the rare occurrence that a blister forms, cool compresses must first be applied and then an application of antibiotic ointment or 1% hydrocortisone and an airtight band-aid. If a blister does form, do not pop it. Popping a blister can cause the skin to form a scar, which would otherwise not occur if the skin is left intact, and safely covered by a band-aid and antibiotic ointment. If a blister occurs after leaving the spa, it is from failure to properly apply cool compresses immediately after treatment.

Many of the side effects that occur after leaving the spa have resulted from simple neglect to follow these post care instructions or to contact the spa for further clarification and directions.

IPL treatments bring to the skin surface increased pigmentation which has been held in the skin cells below the visible surface. IPL both stimulates pigment cells to rise to the skin surface and release pigment (melanin). At first a darkening, crusting or scaling may appear in any pattern, but a waffle or grid like appearance is not unusual. If crusting occurs, Aquaphor, a gentle hydrating ointment should be applied to areas to keep them hydrated and help them to heal faster. Please do not pick, scratch or scrub any IPL treatment areas. Please avoid using any exfoliating scrub, washcloth or rotating brush such as Clarisonic products for at least 1 week post treatment. If you have any concerns on whether or your skin's response to a treatment is normal, do not hesitate to call or come back into the office to be seen.

**Initial:** \_\_\_\_\_ **Date:** \_\_\_\_\_

It is imperative that you advise us before beginning any treatment at the spa, of all pre-existing medical conditions, all medications and all nutritional supplements which you are currently taking. If during the course of treatment, your medical conditions change, or you begin taking new medications or supplements, please inform us **PRIOR** to any future treatments. If you currently have, or are prone to viral or bacterial infections regardless of treatment areas, please advise us before beginning any treatment.

We reserve the right to postpone or cancel any spa treatment if the skin or body is in a compromised state, or has been exposed to UV radiation. Any underlying inflammatory conditions of unknown origin may result in unwanted side effects.

When arriving at the spa you should immediately proceed to the restroom to remove all makeup, deodorant, moisturizer and sunblock from the area to be treated and then return to the waiting room to wait for your scheduled appointment time.

It is important for your protection to be honest and forthright, and to disclose any recent unprotected exposure to the sun or to tanning booths as this could result in unwanted side effects. SPF added to makeup or moisturizers is not acceptable protection.

Hair should be shaved in the area of treatment prior to all laser hair removal visits and before arriving at the spa. If you wish to show us areas of hair growth, please schedule a separate appointment time so that we can take photographs to track your treatment progress.

Avoid heavy activities known to cause perspiration for 48 hours immediately following your skin treatment. When in doubt, ask!

We must be informed prior to you beginning treatment at Zoya's face spa if you are trying to become pregnant, or are currently pregnant or nursing. A signed consent from your Doctor must be on file to continue with any Medspa treatment if you are in fact pregnant or lactating. Chemical peels or any chemical containing products must be immediately discontinued if you are pregnant or lactating. Please see Zoya to go over your current products to determine what products should be discontinued.

I have read & fully understand the above. I agree to comply with all instructions following my skin care procedures. I also agree to advise Zoya's face spa staff of any physical condition that might affect results of Medspa treatments. I agree to return any phone calls made by Medspa staff and to return to the office immediately if I experience any adverse effects after receiving treatment.

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Print Name	Signature	Date
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Witness Print Name	Signature	Date
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I have received a copy of this form. Initial:\_\_\_\_\_ Date:\_\_\_\_\_