



Thank you for booking with us at The Treatment. We look forward to seeing you!

### Pre-Facial Treatment Instructions

Please arrive to your appointment with a cleansed face, without makeup, SPF is OK. For best results and to reduce the risk of complications, it is recommended to avoid sun and UV exposure and discontinue the following products and procedures 3-7 days prior to your treatment:

- If you are pregnant, lactating, or may become pregnant, only our Clinical facials, Derasweep, Microdermabrasion, Dermaplaning and Microneedling are appropriate treatment options. Please consult with your OB/GYN before receiving any treatment or at-home product regime. In-office LED Light therapy treatment is not recommended during pregnancy.
- Treatment indications are for those seeking deep cleansing, extractions, reduced inflammation and bacteria, improved texture, reduced pustules, cystic pimples and blackheads, softening of post-inflammatory hyperpigmentation, rejuvenation of skin health and dehydrated skin, reduction of acne scarring, decongesting of clogged pores, and oil control including for hormonally reactive skin.
- This treatment may not be ideal for those with severe Rosacea, skin cancer, uncontrolled diabetes, active eczema, or Dermatitis along with use of oral blood thinners. Please consult with your provider to determine if this treatment is right for you and your unique skin concerns.
- Those who are susceptible to cold sores or Herpes simplex may experience a reactivation. It is recommended to begin the appropriate antibiotic in advance if needed or immediately if an outbreak occurs. Any history of hormone or thyroid disorders, warts, pigmentation or hypopigmentation disorder, keloid scarring, autoimmune disease, oral acne medications, recent peels, laser treatments or surgery should be discussed prior to your treatment with your provider.
- Do not go to a tanning bed for two weeks prior to treatment. This practice is encouraged to be discontinued due to the increased risk of skin cancer and signs of aging. Self-tanners and extended sun exposure are to be avoided, especially in at least the 10 days prior to treatment.
- It is recommended to delay use of Tretinoin, Retin-A, Renova, Differin, Tazorac Avage, EpiDuo, Ziana, skin lightening ingredients, Bleaching creams, Hydroquinone and Alpha and Beta Hydroxy Acids. Please consult your physician before discontinuing use of any prescription medications. Must not have been treated with Accutane for at least 6-12 months. Please be prepared to provide the names of any allergies, topical and oral medications along with skincare and ingredients used at home to your provider.
- Please advise your Medical Aesthetician of any known medical history relating to any medical conditions both past and present so that they may be aware of all underlying conditions that could contribute to your acne concern.

- It is recommended to discontinue use of topical over-the-counter medications, any exfoliating products, or ingredients such as scrubs, loofah brushes, washcloths, clarisonic devices, facial masks, salicylic and glycolic acids, benzoyl peroxide, retinoids, and vitamin C.
- It is recommended to discontinue and/or postpone all forms of hair removal of the area to be treated. This is including but not limited to; Electrolysis, tweezing, waxing, Depilatory Creams, Laser Hair removal and shaving.
- It is recommended to limit caffeine consumption and maintain adequate hydration by drinking plenty of water to avoid topical dehydration and maintain skin health.

If you have any questions or concerns, please do not hesitate to reach out by calling us (909) 625-7546 or emailing [hello@getthetreatment.com](mailto:hello@getthetreatment.com).

To get even better results after your treatment and upgrade your at-home skin care regiment visit <https://shop.getthetreatment.com/>