DISCLAIMER: THE INFORMATION PROVIDED HERE IS AT A HIGH LEVEL AND IS NOT EXHAUSTIVE. DETAILED INFORMATION WILL BE PROVIDED AT THE TIME OF YOUR CONSULTATION ALONG WITH A COMPREHENSIVE INFORMED CONSENT FORM.

## PRE TREATMENT INSTRUCTIONS:

- For best results and to reduce the risk of complications, it is recommended that you use AlumierMD home care products for 10 to 14 days prior to treatment
- Avoid sun exposure and tanning beds for at least two weeks prior to treatment
- Avoid the use of retinoid products (eg. retinol, Retin A®, Tazorac®) and high levels of AHA and BHA products for approximately 7 days prior to treatment
- Consult your physician before temporarily discontinuing the use of any prescription medications.
  AlumierMD skin treatments result in minimal to no downtime but create dramatic and visible results
- Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients do not find it necessary to apply makeup, as the skin will be smooth, dewy and radiant following your treatment



## POST TREATMENT INSTRUCTIONS

- Avoid direct sun exposure and excessive heat
- DO NOT cleanse your skin on the evening of your peel
- DO NOT pick or pull any flaking skin
- DO NOT tan or use a tanning booth for at least 14 days post peel
- DO NOT have electrolysis, waxing, threading or any other form of hair removal for 7 days post treatment. Do not have laser hair removal, photofacials, chemical peels or microdermabrasion for 14 days post peel
- DO NOT use facial scrubs or mechanical forms of exfoliation for 14 days post peel
- DO NOT use retinoic acid, AHA or BHA for 14 days post peel
- Contact us if you have any concerns