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## SKIN LAUNDRY

### Pre & Post Treatment Advice

While our offerings are designed to be safe and beneficial for the majority of individuals, it is important to be aware of potential contraindications that may apply to some clients. This information will help you make informed decisions and ensure your safety. We kindly ask you to read the following contraindications carefully:

#### **Pre Treatment**

- No topical Retinols, AHA/BHA peels, exfoliating, vitamin C - 2 days before treatment
- No direct direct sun exposure (aka sun bathing) - 5 days before treatment
- No laser, mesotherapy - 2 weeks before treatment
- No PRP – 1 month before treatment
- No Botox - 5 Days before treatment
- No Fillers - 10 days before treatment
- No fake tan - 1 week before treatment
- No Active infection/ Including open, non-healed cold sores
- Eye brows (Nanoblading/Microblading) - 1 week before treatment
- No Eye brow wax/brow lamination - 3 days before treatment
- No Lip Blush - 1 week before treatment
- No Cryotherapy – 1 month before treatment
- No RevLite Laser – 1 month before treatment
- No Chemical Peel - 1 month before treatment (skin to be assessed by the nurse)
- No Microneedling - 1 month before treatment
- No RF Microneedling/Morpheus - 1 month before treatment
- No Fractional CO2 - 1 month before treatment (skin to be assessed by the nurse)
- No Hifu – 1 month before treatment
- No BBL (from outside Skin Laundry) - 3 weeks before treatment
- No Radiofrequency – 1 month before treatment
- No Dermaplanning - 2 weeks before treatment
- Any surgeries on the face - Dr's written consent required
- For bearded clients, its ideal to come in clean shaven (minimum 8hrs, maximum 24hrs prior to the treatment), as we will avoid areas with facial hair growth.

#### **Post Treatment**

- No topical Retinols, AHA/BHA peels, exfoliating, vitamin C - 2 days after treatment
- No direct direct sun exposure (aka sun bathing) - 5 days after treatment
- No laser, mesotherapy - 2 weeks after treatment
- No PRP – 1 month after treatment
- No Botox - 2 days after treatment
- No Fillers - 2 days after treatment
- No make up - depending on the treatment
- No excessive sweating - depending on the treatment
- No Fake tan - 2 days after treatment
- Eye brows (Nanoblading/Microblading) - 2 days after treatment
- No eye brow wax/brow lamination - 3 days after treatment
- No lip blush - 2 days after treatment
- No swimming - Chlorine isn't good for the skin, wait 4/5 days after treatment
- No Cryotherapy – 1 month after treatment
- No RevLite Laser – 1 month after treatment
- No Chemical Peel - 1 month after (skin to be assessed by the nurse)
- No Microneedling - 1 month after treatment
- No RF Microneedling/Morpheus - 1 month after treatment
- No Fractional CO2 - 1 month after treatment (skin to be assessed by the nurse)
- No Hifu – 1 month after treatment
- No BBL (from outside Skin Laundry) - 3 weeks after treatment
- No Radiofrequency – 1 month after treatment
- No Dermaplanning - 2 weeks after treatment
- Any surgeries on the face - Dr's written consent required

#### **PHOTOSENSITIZING MEDICATIONS:**

- Tetracyclines, Sulfonamides - must wait one week after the last dose.
- Oral Retinoids (Isotretinoin, Accutane) - must wait 6 months after the last dose.
- Photodynamic therapy or 5-fluorouracil - must wait 2 weeks after these treatments and skin must be at baseline before receiving Skin Laundry facials.
- Chemotherapy - please check with your oncologist as some chemo medications can be photosensitizing. Diuretics may be photosensitizing.