

Skin Tightening/Forma Pre-Post Treatment Instructions

Welcome to The Med Spa at Vision Dermatology.

Thank you for trusting us with your restorative care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health.

The following instructions will assist in achieving the best results from Skin Tightening/Forma Rejuvenation treatments.

Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment. You may email [medspa@visiondermatology](mailto:medspa@visiondermatology.com) or text/call 919-417-5455 with any questions.

It is recommended that you seek medical attention from your family physician if you have concerns about specific skin lesions or changes prior to beginning Forma sessions.

Pre-Treatment Instructions:

- Please reveal any medical conditions that may be of significance to the laser procedure—such as pregnancy, cold sore and fever blister tendencies, any type of allergy, recent facial peels or surgery, or any type of medication such as Accutane, or use of Retin-A. Only Vitamin A products which are in the ester form (Environ Line) may be used pre- and post treatment.
- Do not use self-tanning lotions or tanning booths two weeks prior to your laser treatment. Do not sunbathe two weeks prior to your appointment. Any patient arriving with a tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- Do not use skin care products such as Retin-A, OBAGI, or any face cream supplement that contains Glyquin for one week prior to treatment.
- Please avoid caffeine the day of your treatment and drink 8-10 glasses of water daily to keep your skin hydrated.

Post-Treatment Instructions

- Refrain from applying any creams or liquids that have not been provided to you by DermaHealth to your skin for the first 90 minutes after your treatment.
 - Keep the skin hydrated and use only lukewarm water with gentle cleansers and moisturizers for 3 days.
 - Ask our staff for recommendations from The Med Spa at Vision Dermatology; we carefully chose skin care products that we feel have demonstrated scientific validity and can help to match the different options to enhance your procedure for your skin type
 - Avoid prolonged sun exposure or use of tanning bed for one week after a treatment.
 - Use a minimum of SPF 30 to protect your skin after your treatment.