



Sublative

Pre-Treatment Instructions

** You will receive numbing cream from our clinic.

Apply 45-minutes prior to your treatment. Please ask if you do not have it.

6 WEEKS BEFORE YOUR SUBLATIVE APPOINTMENT AVOID OR STOP USING:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Sun Exposure / Self Tanners
- Retin-A
- Renova
- Differin (Adapalene 0.1%)
- Tazorac
- Or any product containing Retinol

1 WEEK BEFORE YOUR SUBLATIVE APPOINTMENT:

Inform Montrose Dermatology if your health status and/or medication has changed between your intake/consultation and your scheduled appointment.

Using a tanning bed before or after treatment will likely cause hyper/hypopigmentation or scarring in the treated area and is not permitted.

3 DAYS BEFORE YOUR SUBLATIVE APPOINTMENT:

Stop using:

- Any products containing AHA or BHA, or any product containing benzyl peroxide
- Any exfoliating products that may be drying or irritating
- Any anti-inflammatories (aspirin / NSAIDS)

THE DAY OF YOUR SUBLATIVE APPOINTMENT:

- Avoid caffeine and drink plenty of water
- Arrive with numbing cream on treatment area

Please do not hesitate to call our office if you have any questions



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Post-Treatment Instructions

During the first 2 days following treatment, care should be taken to prevent trauma to the treated sites. The skin should be kept clean to avoid contamination or infection. Please contact our clinic with any questions, concerns or problems.

AVOID:

- Hot baths/hot tubs
- Working outside
- Excessive sweating
- Exercise
- Any physical or heat damage

****ALWAYS WASH HANDS FIRST BEFORE TOUCHING THE TREATED AREA.**

FIRST 24-HOURS:

- *SkinCeuticals Biocellulose Masque* may be used for comfort.
- DO NOT take any medications for discomfort, such as Ibuprofen or Tylenol.

AFTER 24-HOURS:

- Cleanse the area twice daily with a very mild cleanser. We recommend: *SkinCeuticals Soothing Cleanser* or *Elta MD Foaming Cleanser*. Wash gently using finger tips and tepid water. Blot dry. Do NOT scrub or exfoliate. Apply *EltaMD Skin Recovery Serum* morning and night after cleansing.
- Apply a mild moisturizer regularly throughout the day. We recommend *Elta MD Barrier Renewal Complex*. This will alleviate excessive dryness/tightness.
- Make-up may be applied 24-hours after treatment.
- Tiny scabs less than 1 mm in diameter will usually form 24 - 72 hours post-treatment and will remain for 4-7 days. The scabs should NOT be scratched even if they are itchy and should be allowed to shed off naturally. Picking at the scabs will cause scarring.
- Apply *EltaMD UV Sheer* sunscreen daily and every two hours if outside. Protect the treated area from sunlight for at least 1-month after the treatment. Tanning of any sort (sun exposure, tanning beds) is NOT recommended and can cause hyperpigmentation (brown spots).