

ThermiSmooth - Face Pre Procedure Instructions

- Hydrate – we recommend that for seven days pre-treatment you moisturize skin in the morning and evening, and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- Dark hair stubble should be thoroughly removed prior to treatment as remaining stubble may accentuate shocks.
- It is recommended that you avoid treatments directly over areas containing injectable fillers and toxins for one month.
- Avoid any prolonged exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+.
- Avoid anticoagulants such as aspirin throughout the treatment regimen, if medical condition permits and pertinent to physician approval.

ThermiSmooth - Face Post Procedure Instructions

- Wash skin with tepid water and a gentle cleanser.
- If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until any pink has subsided.
- Makeup (preferably mineral-based) may be applied immediately post treatment. Soothing, non-irritating creams or moisturizers may be used.
- Use a sun block with an SPF of 30 or greater if going out into the sun to help prevent future sun damage. This treatment does not cause photosensitivity.
- Typically, you may return to your normal activities after the ThermiSmooth® treatment. The Parker Clinic will advise you regarding the care of your skin.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.