



# TIMELESS

## SKIN SOLUTIONS

### **thermiSmooth®** **before & after treatment instructions**

#### **Before treatment communicate with your healthcare provider about the following:**

- If you are pregnant or attempting to become pregnant.
- If you have an active cold sore you may want to postpone treatment. If you are prone to developing cold sores, contact our office at (614) 799-5100 and we will discuss the option of prescription prophylactic treatment.
- If you have a Cardiac devices such as AICD's (auxiliary internal cardiac devices), Defibrillator, mechanical valves, pacemakers, or neurological stimulating device.

#### **The day of the treatment:**

- You will be asked to remove all jewelry prior to procedure
- Your practitioner will cleanse and remove all makeup in the treatment area

#### **Immediately following your procedure:**

- Schedule your next treatment for 1 to 3 weeks out.

#### **After treatment:**

Typically, you may return to your normal activities after the ThermiSmooth® treatment. You should follow the medical advice of your physician regarding the care of your skin.

1. Wash skin with tepid water and a gentle cleanser.
2. 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.
3. Makeup (preferably mineral-based) may be applied immediately post treatment.
4. Soothing, non-irritating creams or moisturizers may be used.
5. 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.

Your practitioner will describe the nature and timing of skin improvement you may notice over time from the ThermiSmooth treatment. If you have questions at any time, please call the office at (614) 799-5100 or email [contact@timelessskinsolutions.com](mailto:contact@timelessskinsolutions.com).