



AccuTite, FaceTite, and BodyTite

PRE-TREATMENT INSTRUCTIONS:

1. **Hydrate** – 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.
2. Medications - you may be provided a prescription for anti-viral medication prophylaxis, 3-4 days prior to the procedure if you are undergoing a deeper peel, or have a history of Herpes Simplex to avoid outbreak.
3. Topical retinoid therapy should be discontinued 3-4 days prior to treatment. Discontinue any irritant topical agents for 2-3 days prior to treatment.
4. Avoid any prolonged direct exposure to the sun, if you must be in the sun use a zinc oxide sunscreen of at least SPF 30+. Also avoid self-tanner and spray tanning for 7-10 days prior to treatment.
5. The treatment area will be thoroughly cleaned, including topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products and ointments.
6. Avoid taking anticoagulants for 10 days before treatment, if medical condition allows. Consult with your physician.
7. Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder, bath/shower oil present on the skin in the area to be treated.