

Pre + Post Care

SKINVIVE

Pre Care

- Avoid blood-thinning agents like aspirin, ibuprofen, and certain supplements (vitamin E, fish oil) for 1-2 weeks before treatment to minimize bruising.
- Limit alcohol intake 24 hours prior, as it can increase the risk of bruising.
- Stay hydrated before your appointment; hydration helps optimize results and recovery.
- Avoid retinoids, AHAs, and BHAs on the treatment area for at least 24 hours prior to your appointment.
- Discuss any history of skin conditions (e.g., cold sores) with your provider to ensure appropriate care before treatment.

Post Care

- Avoid touching or massaging the treated area for at least 6 hours post-treatment.
- Apply a cold compress to reduce any mild swelling or redness, especially within the first 24 hours.
- Refrain from strenuous exercise, hot tubs, saunas, and steam rooms for 24-48 hours, as heat and sweat can affect the results.
- Avoid alcohol and blood-thinning agents for 24 hours post-treatment to minimize bruising.
- Use gentle skincare products for a few days and avoid retinoids, AHAs, and BHAs to allow your skin to fully recover.