

Pre + Post Care

Tempsure Envi

Pre-Treatment

- Please come to your appointment with no or minimal makeup
- Please do not use an exfoliator (chemical or granule)
- Avoid using any hot water on your skin, or having direct contact with sunlight

Post- Treatment

- Avoid spending more than 15 minutes in direct sunlight at any time, but especially for a week post treatment
- No chemical peels
- No Retinol or Tretinoin for 7 days post treatment
- No Glycolic Acids for **2 weeks**
- Sunscreen daily
- Avoid activities that cause excess sweating for **3-4 days**
- Cleanse your skin with a gentle cleanser for **7 days**
- Apply serums that are approved by RenewMD on the evening of your treatment and throughout the course of your sessions
- Avoid make up for 24 hours post treatment
- Do not touch your face with your hands or pick at your skin
- Make sure to use fresh, clean pillowcases