

Pre-Treatment Skin Rejuvenation (Harmony Clearlift):

- No use of any product containing retinol or retinoids, glycolic, salicylic, or lactic acids 7 days prior to treatment. This includes no use of at home scrubs or exfoliation products.
- No Chemical Peels 2 weeks prior to treatment.
- No prolonged sun exposure to the face or area being treated 1 week prior to your treatment. A treatment can is not performed on sunburned or recently tanned skin. This includes no use of tanning bed or tanning lotions.
- No treatment if currently pregnant or breastfeeding.
- No use of Accutane within the last 12 months or antibiotics in the last 2 weeks.
- If you have a history of cold sores, please be sure to advise your provider prior to treatment to assess if an anti-viral prescription needs to be obtained.
- If you are planning to receive any injections in the treatment area (i.e., neuromodulators or dermal fillers) please plan to do so 2 weeks prior to or 2 weeks after treatment if skin is completely healed.
- If you tend to easily bruise or swell, you may begin an OTC Arnica regimen as directed 3 days prior to treatment.
- If an active or extreme breakout or wound occurs before treatment, please contact the office to reschedule your procedure.
- On the day of treatment, keep your face clean and do not apply makeup or moisturizers.



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Post-Treatment Skin Rejuvenation (Harmony Clearlift):

- Immediately following treatment, the skin may feel hot like a mild sunburn sensation. This will slowly resolve over the next few hours.
- You may ice treated area to alleviate discomfort and minimize swelling (do not apply ice directly to skin).
- If you tend to easily bruise or swell, you may use OTC Arnica regimen as directed for 3 days following treatment.
- You may take Tylenol or Ibuprofen to alleviate discomfort and/or swelling.
- Avoid prolonged exposure to the sun for at least 1 week after treatment. It is recommended to use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Avoid sweating, steam rooms, saunas, swimming, and hot tubs until redness has resolved.
- Do not wash treatment area or shower for a minimum of 4 hours post treatment.
- Please call our office 916-242-2662 if you have any questions or concerns.
- If you experience any type of blistering or adverse reaction, please call the office immediately.



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