



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EMFACE®

Pre-Treatment Guidelines

- **Hydration:** Ensure you are well-hydrated on the day of your treatment to optimize results.
- **Skin Preparation:** Arrive with clean, makeup-free skin. Avoid applying any lotions, oils, or heavy creams on the treatment area.
- **Medical History:** Inform your provider if you have any medical implants, pacemakers, or metal devices in the treatment area, as these may contraindicate the treatment.
- **Sun Exposure:** Avoid excessive sun exposure, tanning beds, or self-tanning products for at least 24-48 hours before your appointment.
- **Medications:** Notify your provider if you are on any medications, particularly blood thinners, as these may increase sensitivity.
- **Avoid Skincare Treatments:** Refrain from other facial treatments such as chemical peels, microneedling, or laser treatments for 1-2 weeks prior.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**