



Natural Results Medical Aesthetics is excited to bring you the most advanced skin rejuvenation treatments available.

Our goal at Natural Results Medical Aesthetics is to help you feel confident, motivated, and informed before beginning your journey with the Alma Hybrid Laser, as well as to optimize your results.

A consultation *prior* to treatment is critical.

Pre-Treatment Instructions for the Alma Hybrid Resurfacing or Mini Co2 treatment

- **Daily sunscreen use is a must** for all of us living in Hawaii. Apply a broad spectrum or mineral based SPF 40+ every day, even for routine activities.
- For at least **2 weeks before treatment**, avoid intentional or prolonged sun exposure:
 - **Do not go to the beach** during this time — even with sunscreen, UV reflection from water and sand makes it impossible to fully protect your skin.
 - Avoid **prolonged, unprotected outdoor exercise** (running, swimming, paddling, hiking, etc.) where sun exposure is unavoidable.
- Discontinue use of **retinoids, glycolic acids, and exfoliating products** 7 days prior.
- Avoid **aspirin, ibuprofen, fish oil, or blood-thinning medications/supplements** unless prescribed by your physician. We **cannot** treat you if you are on **Accutane or antibiotics**.
- Please arrive with **clean skin** (no makeup, lotions, sunscreen, or perfume).
- Please arrive with a **broad brimmed hat** to wear after the treatment.
- Inform us if you have a history of **cold sores** — antiviral medication may be prescribed.
- To keep the skin moist, purchase an **occlusive barrier such as Aquafor, and a lighter skin barrier such as Vanicream, Cetaphil or CeraVe Moisturizer. Purchase a gentle cleanser such as Vanicream, Cetaphil or CeraVe gentle cleanser. Purchase an SPF 40 mineral based sunscreen.** These 4 items are a **MUST**, prior to treatment.
- Consider the optional purchase of a hypochlorous acid spray such as **Magic Molecule**.
- Have soft, **baby washcloths** available and clean pillowcases.
- Prepare for **3 days** of complete sun avoidance as well as no exercise, swimming, saunas.
- Prepare for redness and pigmentation changes for approximately 3-8 days after treatment, depending on your treatment level. Plan on staying with light to moderate activities without sun.
- Drink plenty of water and stay hydrated before your treatment.

Questions? Feel free to send us an email at: Naturalresultsmed@proton.me