

INKLESS REVISION

PRE-CARE

2 WEEKS BEFORE / AS SOON AS POSSIBLE

DISCONTINUE:

- All Retinol, Retin-A, Tretinoin. Alpha-hydroxy or any other type of Vitamin A or skin thinning product
- Laser or any other type of skin treatment
- Tanning or sun exposure on the treatment area. (Ideally sun exposure should be stopped 60 days before treatment. If your skin is tanned this will need to be evaluated individually.)
- Self-tanner on the treatment area

BEGIN:

- Taking high quality collagen and vitamin C supplements to help your skin's recovery. *
- Drinking lots of water.
- Wearing SPF 30-50 sunscreen on treatment area if it must be exposed to sunlight.
- Exfoliating the treatment area regularly. Microdermabrasion is recommended every other day, discontinuing 2 days before treatment. *
- Moisturize every day.
- Expose treatment area to red light regularly if possible for healing and collagen production.*

ONE WEEK BEFORE

- Discontinue alcohol
- Begin taking Arnica to support healing. *

3 DAYS BEFORE

- Discontinue any blood thinners with physician approval.
- Discontinue NSAIDs and aspirin unless medically required

24 HOURS BEFORE

- Discontinue caffeine

DAY OF APPOINTMENT

ARRIVE WITH:

- Clean skin — no makeup, moisturizer, or sunscreen on treatment area
- Loose, comfortable clothing if treatment area is on the body

DO:

- Eat a light meal and drink plenty of water before your appointment

- Please review Inkless Revision FAQ, What to Expect and Post-Care instructions to know what to expect and plan for. Supplements and red light therapy are suggested to support healing and maximize results for some procedures but are not required. All information and product recommendations are available on the Resources page at [skinstrategy.com/resources](https://www.skinstrategy.com/resources). Please reach out with any questions.

Individual results vary. No outcomes can be guaranteed.

www.skinstrategy.com

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