



# SYLFIRM X

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Avoid alcohol and blood thinning medications for 24-48 hours prior to treatment (i.e., Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve).
- Avoid dermaplaning, microdermabrasion, chemical peels, and phototherapy (i.e., lasers, IPL) for 2-4 weeks prior to treatment.
- Avoid active ingredients such as glycolic/salicylic acid, retinol, tretinoin, hydroquinone, and steroid creams for 1 week prior to treatment.
- We suggest using Alastin's Regenerating Skin Nectar & Restorative Skin Complex for 2 weeks prior to your treatment. These medical-grade skincare products clear out damaged elastin & collagen and provide deep hydration and calm the skin.
- Avoid filler, neurotoxin, Sculptra, and Radiesse treatments 2 weeks prior to SYLFIRM X.
- Women that are pregnant should not receive SYLFIRM X treatment.
- If you are prone to Herpes outbreak, pre-treat with an Antiviral medication for 2 days prior to your treatment & 2 days post-treatment.
- Avoid using self-tanner for 2 weeks prior to treatment.
- Avoid direct sun exposure & tanning beds for 2-3 weeks prior to treatment.
- Stay hydrated and well-nourished.
- Arrive to your appointment free of make-up, perfume, or lotion.

### POST-TREATMENT CARE:

- Add Exosomes to your treatment to intensely rejuvenate & moisturize your skin.
- Apply the remaining Exosomes the evening of your treatment.
- Continue using Alastin's Regenerating Skin Nectar & Restorative Skin Complex for 2 weeks or more following your treatment.
- You may proceed with neurotoxin treatment immediately following your treatment.
- Wait 2 weeks for dermal filler/biostimulator treatments.
- Avoid active ingredients such as glycolic/salicylic acid, retinol, tretinoin, hydroquinone, and steroid creams for 1 week post-treatment.
- Avoid makeup, perfumes, lotions, and deodorants in the treated area for 48-72 hours.
- Avoid sunscreen for 24 hours, then use a broad-spectrum UVA/UVB 30 sunscreen.
- Avoid direct sunlight for 72 hours, no tanning beds.
- Avoid strenuous exercise, sweating, and excessive temperatures (i.e., sauna) for 48 hours. Avoid swimming for 72 hours.
- Do not use arnica or bromelain cream.
- Use a gentle cleanser and tepid water to clean your face for 72 hours.
- Optimum results will be seen in 4-6 weeks post-treatment as collagen rebuilds. For best results, a series of three treatments are recommended, 4-6 weeks apart.

**If you have any questions before or after your treatment, email us at [info@renuaesthetic.com](mailto:info@renuaesthetic.com) or call/text us at 541-218-3370. Thank you for choosing RENU Aesthetics!**