



## Thermage Treatment Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period depending on treatment level and skin response.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.  
If you have an emergency, please call 911 or visit an emergency room.

### - PREPARING FOR YOUR TREATMENT -

**Avoid heavy sun exposure and self-tanning products.** Tanned skin cannot be treated.

**Stop all exfoliating skin care products 1 week prior to your treatment.** This includes retinols and exfoliating cleansers/pads.

**Avoid Treatments that may irritate the skin, 1-2 weeks prior.** This includes waxing, depilatories etc.

**You will be offered and advised to take Ultram(tramadol)** an analgesic to reduce discomfort during treatment

**You will also be offered and advised to take Xanax (anti-anxiety)** medication to reduce anxiety.

#### Item Checklist

\*SkinMedica Firm & Tone  
Body Lotion & Neck Correct  
available for purchase  
Sunblock (SPF 50+)

### - THE DAY OF YOUR PROCEDURE -

#### PRIOR TO ARRIVAL

- You will be asked to arrive to your appointment 30 minutes prior to the procedure for medications.
- Remove all lotions from the area being treated.

#### AFTER TREATMENT IS COMPLETED

- Thermage uses monopolar radiofrequency to stimulate collagen production through all layers of the skin. It is normal to feel a deep but brief heating sensation.
- **Mild side effects may occur** including, but not limited to, mild redness, swelling, blisters and on rare instances, surface irregularities.

**SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.**