

SUBLATIVE

PRE & POST CARE/CONTRAINDICATIONS



PRE-TREATMENT CARE

- You may not be treated if you:
 - have used isotretinoin in the last six months
 - have damaged/open skin including cold sores
 - are currently undergoing cancer treatment (chemotherapy/radiation)
 - keloid scar on your face or neck area (a test spot may be performed at the cost of the client, other treatments may be considered)
 - have an immune system disease (Hepatitis C, Aids, HIV, Collagen Vascular Disease, or other)
 - have had any of the following in the past 14 days: chemical/enzyme peel, laser hair removal, photofacial, RF skin tightening, microdermabrasion
 - have had any of the following in the past 7 days: waxing, threading, other hair removal, botox, dermal filler
 - have had the following in the past 3 weeks: sun exposure, tanning bed exposure
 - have active eczema, psoriasis, or dermatitis in the area
 - have an allergy to skincare products
 - are pregnant or breastfeeding
 - Discontinue use of retinoids 48 hours prior to your appointment
 - Wait 6 months following isotretinoin (Accutane)
 - If you have frequent cold sores, ensure you have taken cold sore medication prior to treatment, sublative can cause a flare up
 - 7 days before – no brow waxing/microdermabrasion/laser procedures/chemical peels/sun/tanning beds/sunless tanner/aggressive at home exfoliating
 - For best results, do not smoke 7 days prior to sublative appointment to improve circulation
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THE DAY OF

- Arrive to your appointment with the treatment area free of make up & numbing creams (we will apply appropriate numbing creams, if you have your own please Begin the day with a gentle skin care routine (no active ingredients or exfoliation)
 - Avoid any activities that will increase the body temperature/cause sweating for at least 2 hours before and after treatments
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POST-TREATMENT CARE

- Do not touch or wash treated area for at least 24 hours; treated areas may open and cause capillary bleeding if the skin is stretched or rubbed
 - Tiny scabs may appear 1-3 days post treatment. These scabs will fall off within 2-15 days. To avoid infection and scarring **DO NOT PICK AT OR REMOVE EXFOLIATING SKIN**. Removal of scabs can cause red marks which can take several months to disappear.
 - Use post care as follows: cleanse with a gentle cleanser, do NOT use a face cloth, brush or sponge
 - After skin is fully healed (no more peeling, flaking, scabbing, or dryness, normally 10 days), return to normal skin care routine including exfoliants and actives
 - Cold compresses may be applied to treated areas, do NOT put ice directly on the skin.
 - Collagen Gels sold by Odette's can expedite healing
 - Do not take Asprin for 48 hours following treatment
 - SPF is required for a minimum of 14 days post treatment
 - Avoid sauna, hot tub, swimming pool, hot water, or treatments that dilate capillaries or create redness for 48 hours
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NEXT TREATMENT

- Schedule treatments 4-8 weeks apart depending on your goals, this will be determined with your technician and is dependent upon age and skin condition
- If you experience any side effects to this treatment that you are unsure of, or that have not been explained to you, contact Odette's Clinic immediately with pictures (if applicable)
- Prevent new blemishes by: reducing/avoiding alcohol, spicy foods & direct sun exposure (SPF 30 min.)