**A black and blue logo

AI-generated content may be incorrect.**

Non-Invasive Skin Tightening Treatment

**PRE & POST TREATMENT GUIDELINES**

* **Retinols,tretinoin, Vitamin C and AHAs/BHAs:** Discontinue use for 1week before treatment to avoid skin sensitivity.
* **Sun Exposure & Tanning:** Avoid sun exposure, tanning beds, and sunless tanning creams for at least 2 days before treatment. Sunburn is a contraindication.
* **Other Facial Treatments:** Avoid Botox, fillers, and other facial treatments for 2 weeks prior to your Sofwave procedure.
* **Makeup & Skin:** Please arrive at your appointment with clean, make-up free skin.
* **Hair:** If you are a male, shave any excessive facial hair 24 hours before the treatment.
* **Stay Hydrated:** Drink plenty of water to keep your skin hydrated in the days leading up to your appointment.
* **Eat Before:** Eat a meal before your appointment
* Do not attend if you have had a recent coldsore, cold, flu, infection or vaccination. You must wait 2 weeks after any of these and be feeling well before having treatment

* **Immediately After:** You might experience mild redness, slight swelling, or tenderness in the treated area. This is normal and usually subsides within a few hours to a day.
* **Makeup:** Avoid makeup for the first 24 hours.
* **Sun protection:** Avoid sun exposure, apply a board-spectrum sunscreen with SPF 30 or higher daily to protect the treated skin.
* **Avoid Irritating Products:** Do not use products with active ingredients like AHAs,BHAs, Retinoids (Vitamin A, Retinol ), or bleaching cream for about a week.
* **Heat Exposure:** Avoid saunas, hot tubs, and very hot shower, cooking steam for 3- 5 days.
* **Avoid Other Treatments:** Refrain from chemical peels, laser treatments, or aggressive exfoliation at least a week.
* **Hydration:** Drink plenty of water, using Hyaluronic acid and recovery products to support skin health.
* You can return to your normal daily activities, including work and social events, right after your treatment as there is minimal to no downtime.