



Softwave Pre and Post Instructions

PRE-CARE

- No sun exposure to treated area **2 weeks prior to treatment**. Stop all self-tanning products.
- Discontinue Retinols and any cleansers, creams or serums containing acids such as salicylic, glycolic, AHA, or lactic acid products **5 days prior to treatment**. Avoid treatments that may irritate the skin **1 week prior to treatment**, such as waxing.
- No Botox and Filler **2 weeks prior to treatment**.
- Do not take Aspirin, Ibuprofen, Aleve or Fish Oil **3 days prior to treatment**.
- If you feel you are coming down with a cold or illness or have active cold sore, skin inflammation or infection, your treatment should be rescheduled.
- If you have a history of cold sores, please advise your provider prior to treatment as an antiviral can be taken prophylactically.
- If possible, arrive at the office with a clean face- void of all makeup, SPF and skin care products.
- Confirm pain management options with provider. Provide allergy and pharmacy information if applicable. If instructed to take medication prior to arrival, consents and pictures must be done prior to treatment day. All patients who take pain management medication(s), will require a driver. Uber/Lyft are not options for patient safety reasons.
- Please discuss with your provider before taking any prescription medications the morning of your procedure.

POST-CARE

- Do not take Aspirin, Ibuprofen, Aleve or Fish Oil **3 days post treatment**. **This also includes red wine and oral steroids. Inflammation is the desired effect.**
- On rare occasions, some slight swelling may be possible. **Do not ice unless recommended by your provider.** You may sleep propped up. Peak swelling is typically 72 hours post treatment.
- It can take up to 3-6 months after completion of treatments to see full effects. Schedule post pictures between 5- 6 months.