

## Post Treatment Plan

Treatment Type: \_\_\_\_\_

- Non Active Moisturizer (ex: Vitamin C Conditioner, Topical Vitamin C, Rosacea Serum)
- Stop Active Skin Treatments (ex: Retin-A, Alphahydroxy Acids, Peptides)
  - For 1 Day
  - For 2 Days
  - For 3 Days
- Use Heavy or Occlusive Moisture Treatments (Topical C or Aquaphor)
- Stay Inside for 36 Hours
- Use Sunscreen Daily with SPF:
  - $\geq 15$  SPF
  - $\geq 30$  SPF
  - $\geq 45$  SPF
- Use Ice Packs or Cold Cloths
- Avoid the Sun Post Treatment
  - 1 Week
  - 2 Weeks
- Avoid the Sun Pre Treatment
  - 1 Week
  - 2 Weeks

### Skin Care Program

Skin Type:

- Normal
- Oily
- Combination
- Dry/Sensitive
- Clarisonic Cleanser Brush Recommended
- Mineral Makeup Recommended