



# FORMA RADIO FREQUENCY

## Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

### **Pre-Treatment Care**

- If you have a history of cold sores, prophylactic antiviral therapy may be started the days before your treatment.
- Stay hydrated! Drinking plenty of water before, during and after your treatment as this will assist with recovery. Drink NO less than 2L of water the day before treatment.
- Reduce your Caffeine intake.

### **Post-Treatment Care**

- **\*\*Normal activity can be resumed\*\***
- Immediately after the treatment there may be slight redness, swelling and tenderness in the treated area. These expected side effects may last up to 2 hours, or up to 2–3 days in some cases.
- NO caffeine (tea, Coffee or coke) for at least 48 hours following your treatment.
- NO alcohol for at least 48 hours following your treatment.
- Keep well hydrated.
- Avoid fatty meals directly after (ex: fried food).
- Keep the area moisturised at all times with a mild moisturiser.
- Recommended Mineral make up may be applied after the treatment.
- A skin care programme may be prescribed to aid in achieving optimal results.
- A course of treatment is required to achieve optimum result. the number of required sessions varies depending on area.