

CITY MED SPA

SCIENCE MEETS BEAUTY

Skin Tightening/Forma Pre-Post Treatment Instructions

Welcome to City MedSpa. Thank you for choosing and trusting us with your skin rejuvenation care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health.

The following instructions will assist in achieving the best results from Forma Rejuvenation treatments. Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment. You may email amy@citymedspa.com or text/call 404-301-2324 with any questions. It is recommended that you seek medical attention from your family physician if you have concerns about specific skin lesions or changes prior to beginning Forma sessions.

Pre-Treatment Instructions

- Please reveal any medical conditions that may be of significance to the procedure—such as pregnancy, cold sore or fever blister tendencies, any type of allergy, recent facial peels or surgery, or any type of medication such as Accutane, or use of Retin-A.
- Cold sores require prophylactic treatment 3 days prior to your appointment. Please call our office to get a prescription called in for you.
- Do not use self-tanning lotions or tanning beds two weeks prior to your treatment. Do not sunbathe two weeks prior to your appointment. Any patient arriving with a tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- Do not use skin care products such as Retin-A, OBAGI, or any face cream supplement that contains Glycolic Acid or Retinol for 1 week prior to treatment.
- Please avoid caffeine the day of your treatment and drink 8-10 glasses of water daily to keep your skin hydrated.

Post-Treatment Instructions

- Refrain from applying any creams or liquids that have not been provided to you by City MedSpa to your skin for the first 90 minutes after your treatment.
- Keep the skin hydrated and use only lukewarm water with gentle cleansers and moisturizers for 3 days.

- Ask our staff recommend Skin Medica or Obagi products to enhance the results following your treatment.
- Avoid prolonged sun exposure or use of tanning bed for 1 week after a treatment.
- Use a minimum of SPF 30 to protect your skin after your treatment. We recommends Skin Medica or Obagi products following your treatment.