



R U M A
aesthetics

RUMA CLEAR

PRE AND POST CARE

PRE-TREATMENT CARE:

- If okayed by your healthcare provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Please avoid at-home exfoliating within 3 days prior to your treatment, such as; at-home dermaplaning, shaving, chemical peels, masks and retinols. Please speak with your skin health provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- If you are prone to high blood pressure, please be aware it can raise your blood pressure.
- You cannot be pregnant.
- No pacemakers.
- No self tanner.
- Protect your skin from the sun 1 week before treatment.

POST-TREATMENT CARE:

- To maximize your treatment during the first 2 weeks, we recommend using Alastin Regenerating Skin Nectar to help with the healing process.
- We highly recommend The Goodnight Co. Silk pillowcase to help increase the hydration in your skin long term.
- Avoid makeup and sunscreen for 24 hours (with the exception of Jane Iredale foundation and ZO or Alastin SPF)
- DO NOT PICK- avoid picking and scratching the treated area to achieve your best results.
- Please avoid at-home exfoliating a week after your treatment, such as; at-home dermaplaning, shaving, chemical peels, masks and retinols.
- Do not work out/take hot showers 24 hours after your treatment.
- You may experience redness, scabbing, and/or slight bruising from 5-7 days after the treatment. Avoid direct sun exposure for 2-3 weeks and throughout the course of your treatment process. Make sure you are applying your SPF every two hours.

If you have any questions before or after your appointment, you can email us at info@rumaesthetics or call/text us at 801-514-7650.

Thank you for choosing RUMA Aesthetics!