



RUMA CLEAR

PRE AND POST CARE

PRE-TREATMENT CARE:

- 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, unless otherwise approved by your healthcare provider.
- Avoid alcohol at least three days prior to your appointment. This will help diminish the swelling after your treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at-home exfoliating 3 days prior to your treatment, such as; at-home dermaplaning, shaving, 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.
- Inform Medical Aesthetician if you have been on accutane in the last 6-8 months.
- Inform Medical Aesthetician or consult with your doctor if you are on any medications that could prolong wound healing, or affect coagulation.
- Avoid antibiotics 2 weeks prior to treatment.
- Please keep in mind injections can be performed after any Thermoclear treatment. You must wait 1-3 weeks after any filler, PRF or threads and 6 weeks after any Botox/Dysport treatment to receive any Thermoclear treatment.
- Avoid extended sun exposure/UV, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, long car rides in the sun, etc. and use a SPF 35 or higher 7 days leading up to treatment.
- If you are prone to high blood pressure, please be aware this can raise your blood pressure.
- No pacemakers.
- You cannot be pregnant or nursing.
- No self tanner for 2-3 weeks leading up to treatment.

POST-TREATMENT CARE:

- To maximize your treatment, we recommend using Alastin Regenerating Skin Nectar or Plated Intense Serum to help with the healing process.
- Slight itchiness, irritation, swelling, crusting, and redness can occur after treatment for 7-14 days.
- Avoid makeup and sunscreen for 24-48 hours.
- Avoid exfoliating the treated area and using retinol, Vitamin C, and acids for 7-10 days or until skin is completely healed.
- Avoid exercise and high heat activities for 24-48 hours.
- Protect your skin from the sun/UV for 7-10 days post treatment.
- Stay well hydrated.
- Avoid alcohol for 72 hours.
- Avoid self tanner for 10-14 days post treatment.
- Avoid hot tubs, hot showers, hot baths, saunas, and any excess heat for 7-10 days after treatment.

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!