Helix Sultra *Pre-Care*

Getting ready for your gentle laser treatment

Sultra is gentle, and preparation is simple. These steps keep your skin calm and protected.

Your *countdown*

When	What to do
2 weeks before	Avoid sun, tanning beds and self-tanner. Use broad-spectrum SPF 30 or higher every day.
1 week before	No waxing, peels or other treatments on the area unless your provider planned them.
3 to 5 days before	Pause retinol, tretinoin, acids and scrubs on the area.

On the *day*

- **Arrive with clean skin.** No makeup, lotion, sunscreen, perfume or self-tanner on the area.
- Bring a wide-brimmed hat and mineral SPF to wear home.
- If you have ever had cold sores, tell us before your visit. An antiviral may be prescribed. Take it exactly as directed.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have used Accutane (isotretinoin) in the past 6 months
- You are tanned or sunburned

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.