

# T-SHAPE 2

× ARTEMIS.

## Pre and Post-Care Instructions

PRE-CARE	AFTERCARE
<ul style="list-style-type: none"><li>• Avoid use of AHA/BHA 48 hours before treatment</li><li>• Avoid the use of perfumes, products with chemicals, and parabens before treatment</li><li>• Avoid steam/sauna 24 hours before treatment</li><li>• Avoid the use of retinol, and steroid creams in the area of treatment</li><li>• Ensure adequate hydration by drinking plenty of water in the days leading up to the treatment to promote skin health and hydration.</li><li>• Discontinue Certain Medications: Discontinue the use of photosensitizing medications or topical treatments containing retinoids or exfoliating agents at least one week before treatment, as advised by your skincare professional.</li><li>• For facials: Refrain from wearing heavy makeup or skincare products on the day of treatment to allow for optimal penetration of treatment products.</li><li>• If applicable, shave the treatment area 48 hours before treatment to ensure optimal contact with the device and reduce discomfort during treatment.</li></ul>	<ul style="list-style-type: none"><li>• Avoid the use of products with perfumes, parabens, and harsh chemicals</li><li>• Avoid use of AHA/BHA 48 hours post-treatment. Refrain from using exfoliating scrubs, chemical peels, or abrasive skincare treatments for at least one week following treatment to allow the skin to heal properly.</li><li>• Nourish skin with the recommended product by the technician.</li><li>• Exfoliate skin weekly to allow better absorption of active ingredients</li><li>• For maximum efficacy, treatment should be followed up within 72 hours</li><li>• Drink 1L of water</li><li>• Limit sun exposure and use broad-spectrum sunscreen daily to protect the skin from UV damage and minimize the risk of post-treatment pigmentation changes.</li><li>• Avoid hot baths, saunas, steam rooms, or activities that may induce excessive sweating or heat exposure for at least 24-48 hours after treatment to minimize the risk of irritation or inflammation.</li><li>• Monitor the treated area for any signs of redness, swelling, or discomfort and contact your skincare professional if you experience any concerning symptoms or adverse effects.</li><li>• Schedule any recommended follow-up appointments with your skin care professional to assess treatment outcomes, address any concerns, and discuss ongoing skincare maintenance.</li></ul>