



## TREATMENT INSTRUCTIONS | TITAN TREATMENT

(Patient Take Home)

### BEFORE TREATMENT

- Avoid use of Accutane for 6-9 months prior to treatment.
- Stop use of exfoliants on treated area one week before including, Renova, Glycolic Acid.
- Avoid makeup on area to be treated.
- You cannot be pregnant or breastfeeding to receive treatment.
- If you have a history of oral herpes, you must pre-treat with an anti-viral three to five days before your scheduled visit.

### AFTER TREATMENT

- You may have transient redness, swelling, itching, and burning for a few minutes up to 48 hours. You may apply Aloe Vera or cold compress.
- Avoid direct sunlight. Use sunscreen with SPF 30 or higher.
- Do not apply makeup until redness has subsided.
- Avoid hot showers for 24 hours. Use cool water and gentle cleansers for 48 hours.
- Avoid use of exfoliants for one week after your treatment.
- Avoid Microdermabrasion and acid peels one week after your treatment.

### FOLLOW UP

- Follow up treatments should be scheduled every 6-8 weeks.
- Consistent repeated treatments will produce best results for increased tone and contour of treated areas.
- Microdermabrasion and Vitalize peels should be done in between your Titan treatments to enhance results.