



PRE AND POST CARE INSTRUCTIONS PRF

Pre Treatment

- Make sure the area being treated is clean and free of make-up or tinted sunscreen.
- Make sure you are not pregnant or breastfeeding.
- Let us know if you have a history of cold sores, we may recommend an antiviral prescription.
- Notify Eterna Vein & Medical Aesthetics of any changes to your medical history, health status or personal activities that may be relevant to your treatment.
- Avoid topical prescriptions including but not limited to Retin-A®, Renova®, and Tazorac® and abrasive scrubs or other exfoliating products for 3 days prior to treatment.
- Waxing and/or use of chemical depilatories must be avoided for 1 week prior to and after Eterna Gold treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment, as long as there is no skin irritation.
- Avoid chemical peel for two weeks prior to or after treatment.

Post Treatment

- Cleanse the skin with gentle cleanser and tepid water for 72 hours.
- Use an anti-oxidant serum to help heal the skin.
- Use a hydrating lotion daily.
- Use sunscreen SPF 30 daily.
- Avoid sun, tanning beds and sunless tanning products
- Do not use make-up for 24 hours after treatment.
- Do not exercise or do any strenuous activity that causes sweating for 24 hours after treatment.
- Do not go swimming for 48 hours after treatment.
- Do not use any 'active' skin care products like Hydroxy acids, Retinols or Vitamin C for 3 days after treatment.

Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.

**We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours
253.249.6979.**

If you are pleased with the service you received today, we invite you to post a review on Yelp or Google.