



Pre - Treatment Preparation

14 DAYS PRIOR

No COVID/FLU illness or VAX

No other Vaccinations 2 weeks prior

7 DAYS PRIOR

Avoid Chemical peels & needling

Avoid NSAIDS & Aspirin if safe to do so

Avoid Fish oils & Vitamin E

Take Arnica Tablets

If you suffer from cold sores - take over the counter preventative

24 HOURS PRIOR

Avoid Vigorous physical activity

Avoid large intakes of Alcohol

THE DAY OF TREATMENT

Avoid caffeine prior to your app

Come make-up free

