

MAISON ESTHETICS.

PRE / DURING / POST CARE

INDEX

1. FACIALS
2. BODY TREATMENTS
3. INJECTABLES
4. LASERS
5. HAIR GROWTH
6. INTIMATE
7. TATTOO REMOVAL
8. SPORTS MEDICINE
9. MEDICAL LASERS



1. FACIALS

Before your treatment:

- Avoid alcohol or caffeine the day before and before the procedure. This will minimize any discomfort, bleeding, or swelling after the procedure.
- Drink water before treatment.
- No Advil, Aspirin, or any blood thinners/painkillers. Tylenol is fine and may be taken 30 minutes before your appointment.
- Lightly exfoliate your face, focusing on the procedure area, using a clean scrub or any other physical exfoliator. **Please don't use chemical exfoliants.**
- Avoid sun exposure (apply sunscreen daily and do not tan at all – including self-tanner) for 4 to 6 weeks before and after treatments.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior.
- Let your doctor know if you have a history of hyperpigmentation.
- You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.
- Come to your appointment with a clean face- remove all makeup.

During your treatment:

Relax and enjoy: Experience our luxurious facial treatments tailored to your unique needs.

Targeted & Clearing: Our facials utilize techniques and products specifically designed to combat your target concern and promote clearer skin. This may involve deep cleansing, exfoliation to remove dead skin cells and unclog pores, extractions to remove blackheads or whiteheads, and calming masks or serums to reduce inflammation.

After your treatment:

- You may have a mild sunburn (burning) sensation following the treatment that is usually gone within a few hours.
- Skin redness is normal and may last a few days.
- There may be a slight amount of swelling. Crusting or blistering is uncommon and not serious. Pigmented areas may begin to flake after a few days. Cold compresses may be useful for the first 24 hours.
- Use gentle cleansers, do not rub the skin, and avoid hot water during this time.
- Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the treated area for one week.
- Avoid the sun and use sunblock. It should be more than 30 SPF.
- Avoid excessive heat or friction to the treated area (heavy exercise, saunas).
- Please contact us as soon as possible if you experience any blistering or increased pain. Contact us if you are concerned about infection. If any pigment changes are bothersome or persist.

2. BODY TREATMENTS

Before your treatment:

- Stay hydrated. Hydration begins at least 24 hours prior. Drink plenty of water to facilitate the lymphatic system and the muscles are more pliable.
- Wear comfortable clothes that are easy to take off and put back.
- Remove jewelry and body piercings ahead of time, as you don't want any metal on the body.
- Patients are typically advised not to eat some hours before.
- Do not apply lotions, powders, or perfumes to your skin.

During your treatment:

- **Relax and Unwind:** Our experienced technicians will create a tranquil environment for your body treatment. Feel free to communicate your comfort level throughout the session.
- **Treatment Tailored to You:** Your body treatment will be customized to address your specific needs and goals. This may involve techniques like massage, body wraps, scrubs, or specialized equipment depending on the chosen treatment.

After your treatment:

- Drink at least 1 liter of water immediately following the appointment and throughout the week. This flushes out the toxins.
- Avoid strenuous activity.
- Follow any specific aftercare instructions: If your healthcare provider or therapist provided any specific aftercare instructions, such as applying creams or avoiding certain activities, make sure to follow them carefully.
- Protect your skin: If the treatment involves any direct contact with your skin, protect it from excessive sun exposure and use sunscreen to prevent sunburn and damage.
- Monitor for any adverse reactions: Keep an eye out for any unusual or unexpected reactions, such as excessive redness, swelling, pain, or discomfort. If you notice any concerning symptoms, consult your healthcare provider.
- Maintain a healthy lifestyle: Supporting your body's healing process by maintaining a balanced diet, getting enough sleep, and managing stress can contribute to optimal results.
- Sunburn skin is difficult to treat so avoid exposure to the sun.

3. INJECTABLES

Before your treatment:

- Drink plenty of water and avoid eating heavy meals at least 2 hours before treatment.
- Do NOT consume alcoholic beverages at least 24 hours before treatment (alcohol may thin the blood and increase the risk of bruising).
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as Aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect, and can increase the risk of bruising and swelling after injections.
- Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event that you may be attending, such as a wedding or a vacation.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish in the area.
- You are not a candidate if you are pregnant or breastfeeding for at least 3 months.
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Take Tylenol (if not contraindicated) 1 hour before your appointment to help with any discomfort you may have if you have concerns about discomfort.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor that you have made your appointment with, one week before your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Sunburn skin is difficult to treat so avoid exposure to the sun.
- Always inform your doctor of all medications, including supplements you may be taking as well as your medical history.

During your treatment:

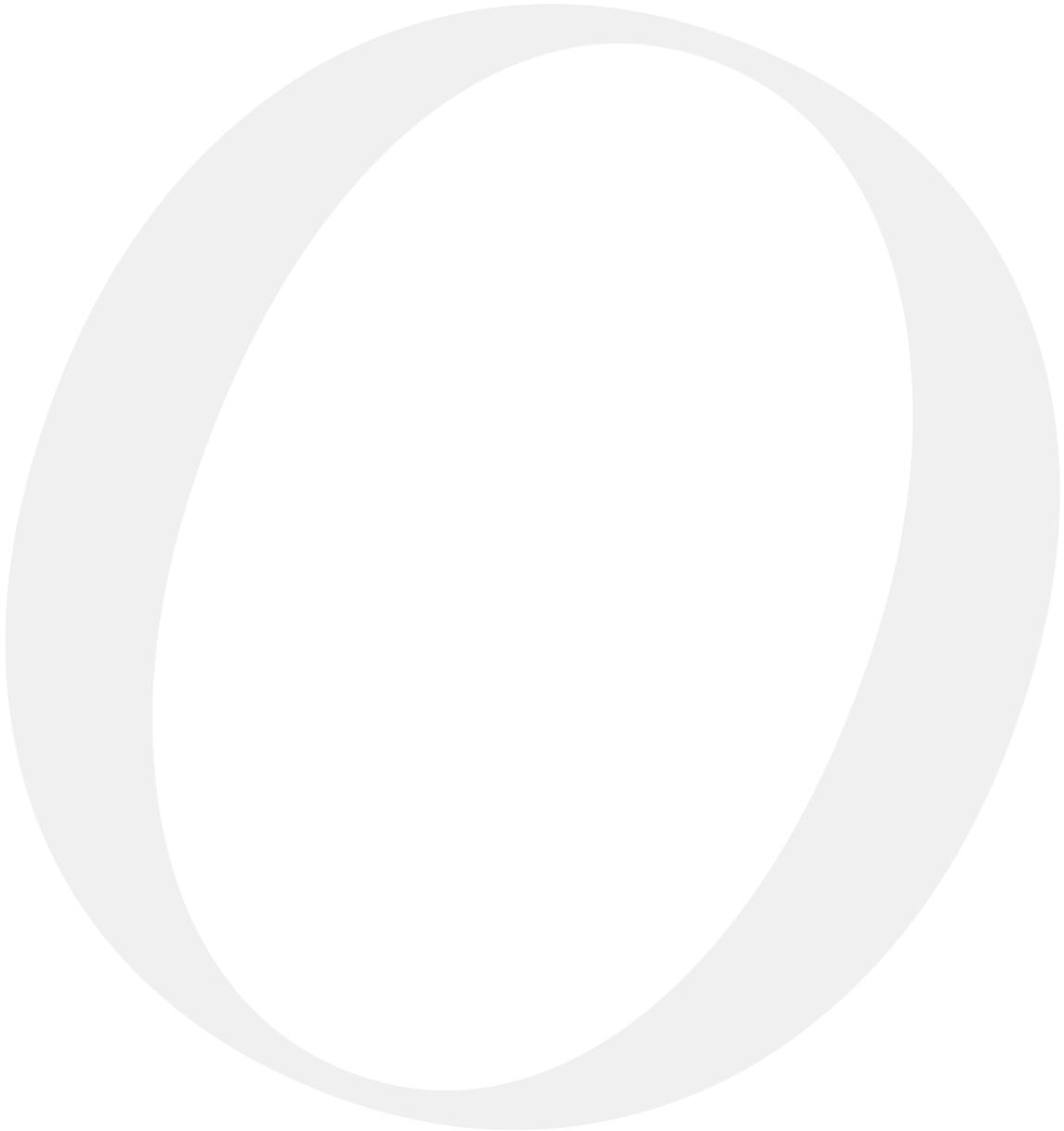
- **Comfort First:** A topical anesthetic cream may be applied to numb the treatment area for increased comfort.
- **Precise Injections:** A qualified medical professional will use a thin needle to precisely inject the chosen product into targeted areas.
- **Minimal Discomfort:** You may experience minor discomfort during injection, which usually feels like a pinch or prickling sensation.

After your treatment:

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site.
- Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact us.
- You can use ice, arnica cream and tablets, and bromelain tablets.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary
- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.

MAISON ESTHETICS.

- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.
- Also, avoid extreme cold such as skiing or other winter sports.
- Sunscreen and makeup can be applied after 3 days, and the area can be gently washed with a gentle cleanser.



4. LASERS

Before your treatment:

- Avoid waxing.
- Avoid hair removal creams and hair removal chemicals.
- Discontinue topical prescription products in the treatment areas.
- Shave the areas being treated before your appointment when treatment is to laser hair removal.
- Avoid the use of Retinol for 1 week prior to treatment.
- Avoid 4 weeks before or 2 weeks after treatment – sun exposure, tanning, self-bronzers, or tinting foundations. This could increase the chance of side effects.
- If you have a history of cold sores, antiviral therapy may be started one day before treatment and a week after treatment.

During your treatment:

- **Eye Protection:** Protective eyewear will be provided to shield your eyes from laser light during the treatment.
- **Targeted Application:** The laser technician will use a handheld device to deliver precise laser pulses to the treatment area.
- **Sensations:** Depending on the laser treatment, you may experience a warm sensation, a snapping sensation, or slight discomfort.

After your treatment:

- Keep drinking plenty of water.
- May notice erythema – redness and edema (swelling) after treatment, after 1-3 hours.
- Apply a clean, sterilized cold compress if needed.
- Keep skin very clean to avoid contamination or infection while the skin is healing.
- You may notice micro scabbing on the area treated this should not be touched, itched, or picked. That is a normal part of the healing process.
- NO prolonged heat for at least 48 hours after treatment. Avoid saunas, jacuzzis, very hot showers, sun exposure, or strenuous activity.
- Women do not apply makeup for at least 36-48 hours after treatment
- USE SUNSCREEN and other skin protective treatments. AVOID UNPROTECTED SUN EXPOSURE for 30 days before and after treatment this helps avoid hypo and hyperpigmentations.
- Apply the prescribed cream constantly in case your doctor recommends it to you.

5. HAIR GROWTH

Before your treatment:

- Patients with blood disorders, platelet abnormalities, scalp infections, and other conditions affecting their blood cells and hair growth factors that can affect treatment may not be allowed to receive PRP.
- Patients need a blood test. If their blood sample is healthy and has a normal concentration of platelets, they may be qualified to receive hair loss treatments but If the blood sample when centrifuging looks unclear, you are not a good candidate for this treatment.
- Avoid at least 2 weeks before your treatment, taking blood thinners, blood-thinning medication, and vitamins and nutritional supplements that contain these blood-thinning substances (Vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, Omega 3 Fatty Acids, Multivitamins, Plavix, Coumadin, Heparin, Anti-inflammatory medications such as Advil, Motrin, and Voltaren (Alternatively, you can take Tylenol for pain), Propranolol, medication for heart and blood pressure medication).
- Avoid prolonged sun exposure at least 7 days before the treatment.
- Avoid drinking any alcoholic beverages at least 3 days before your treatment. Alcohol is a blood thinner and can also make your scalp more sensitive to microneedling and injections.
- Avoid having hair treatments done like coloring and styling or any chemical process in your hair at least one week before your treatment and one week after.
- On the day of your treatment shower and wash your hair thoroughly.

During your treatment:

- **Preparation:** The treatment area may be cleansed and numbed with a topical anesthetic cream for comfort.
- **Targeted Approach:** Depending on the chosen treatment, this may involve injection of PRP or vitamin solutions, or using a microneedling device to create controlled punctures in the scalp.
- **Minimal Discomfort:** You may experience mild tingling, pinpricks, or slight discomfort during the procedure.

After your treatment:

- For the first 8 hours, avoid touching the treated area of your scalp. This can cause bruising as well as increase the risk of bacterial infection.
- Avoid NSAID pain relievers for at least 2 weeks after treatment.
- For hair care, avoid wetting your hair for at least 3 hours and then applying any hair care or hair styling products for at least 6 hours.
- For the first 2 days after your treatment, avoid strenuous exercises as these can promote blood flow and increase the risk of bruising. Also, avoid saunas, steam rooms, and swimming pools.
- Avoid alcohol and highly caffeinated beverages for at least 3 days after treatment.
- Avoid smoking for at least 3 days.
- Sunburn skin is difficult to treat so avoid exposure to the sun.

6. INTIMATE

Before your treatment:

- You'll need to refrain from sex or using tampons for three to five days. The patients don't have menstruation at that treatment time.
- Don't use vaginal shower gels or lubricants before the procedure.
- No vaginal infection.
- No pregnancy.

During your treatment:

- **Privacy and Comfort:** Your privacy and comfort are our top priorities. You will be disrobed to the necessary degree and draped for the procedure. A calming environment will be provided.
- **Consultation and Examination:** The healthcare professional will discuss your goals and expectations for the chosen procedure. A brief physical examination may be performed to assess the treatment area.
- **Precise Techniques:** Depending on the chosen service, this may involve precise injection of Botox or fillers, application of bleaching cream, or use of specialized devices for rejuvenation procedures.
- **Discomfort Management:** A topical anesthetic cream or local anesthetic injection may be used to minimize discomfort during certain procedures.

After your treatment:

- You may experience some redness or swelling after treatment, but this should subside within 24 - 48 hours.
- There are several risks associated with vaginal rejuvenation (with increased risk for surgical treatments): Pain, bleeding, infection, scarring, and painful sex (dyspareunia).
- Stop to intercourse within 6 hours.
- You may have more discharge 3-5 days after treatment.
- You can go back to work immediately after the treatment.
- Sporadic complications: vaginal burn, scarring, pain during sexual intercourse, and recurring or chronic pain.

7. TATTOO REMOVAL

Before your treatment:

You will need to prepare yourself 4 weeks earlier before treatment. If you are going to get a tattoo removed with a new one, it must be fully healed from 5 weeks to 3 months before the procedure.

1. Use gentle cleanser
2. Stop the use of Advil, Aspirin, and Aleve and if possible Tylenol is ok.
3. Don't use oral Retinoids ie Accutane
4. Stop medications that may cause sensitivity like doxycycline, minocycline, and tetracycline.
5. Stop waxing
6. Stop abrasive scrubs
7. Avoid sun exposure 4 weeks prior to your treatment
8. Stop microdermabrasion treatments
9. Eat less food 1 or 2 hours before treatment. Try to wear comfortable clothes.

During your treatment:

Targeted Laser Technology: The laser specialist will use a specific laser wavelength to target the ink particles in your tattoo. The laser breaks down the ink particles, allowing your body to eliminate them gradually. You may experience some discomfort during the treatment, and a topical anesthetic can be applied for pain management.

Discomfort Management: Depending on the area to be treated, a local anesthetic can be applied or a cooling device can be used.

After your treatment:

1. Heat sensation is expected and will last approximately 1 hour.
2. After the procedure, you might notice swelling and possibly blistering or bleeding.
3. Antibacterial ointment can help promote healing. The ointment will help heal the skin and reduce the risk of infection. Change the wound dressing each time you apply the ointment.
4. For at least the next 2 weeks keep the treated area clean and dry. Clean the treated area with water and soap, and don't try to soak.
5. Avoid wearing tight clothing.
6. Don't use any makeup on the healing area
7. Avoid exposing the treated area to direct sunlight.
8. Don't pick at any scabs or blisters that form.
9. If you have any concerns you can contact us for more information.

8. SPORTS MEDICINE

Before your treatment:

- Drink plenty of water before treatments and avoid eating heavy meals for at least 2 hours before the treatment.
- Clients may also be asked to wear loose-fitting clothing to allow for ease of movement.
- Avoid taking any anti-inflammatory medications or consuming alcohol, caffeine, drugs, or any food containing stimulants such as sugar. It is also important to ensure that the skin is dry and free from any lotions or oils.
- Provide data relevant to medical history; any surgery, illness, allergies, or prescribed medication.
- Screenings and diagnostic tests by your doctor if needed:
 - Blood tests, X-rays, or MRI
 - Functional movement studies
 - Exercise stress testing

During the treatment:

- **Evaluation:** The sports medicine professional will assess your injury or condition through physical examination and potentially imaging tests.
- **Treatment Tailored to You:** Depending on your needs, the treatment may involve various techniques like manual therapy, therapeutic exercise, electrical stimulation, or injections (performed by a qualified medical professional).

After your treatment:

- Recovery plan working with the doctor. Discuss about follow-up consultations and what is the best treatment option to follow according to your needs.
- Movement screens and periodic performance evaluations - Assess movement to decrease the risk of injury and maximize performance.
- **Sports Massage:**
 - Allow your body time to rest and recover after a sports massage. Avoid intense physical activity or training for at least 24 to 48 hours.
 - Apply ice or cold compresses to any areas that are particularly sore or inflamed after the massage.
 - Follow any additional instructions provided, such as stretching exercises or self-care techniques to maintain the benefits of the massage.
- **Cryotherapy:**
 - After cryotherapy, protect your skin from extreme temperatures, such as hot showers or saunas, for a few hours.
 - Stay well-hydrated by drinking water to aid in the recovery process.

MAISON ESTHETICS.

- If you experience any discomfort or unusual reactions following cryotherapy, consult your healthcare provider or the staff at the cryotherapy center.
- **Physical Therapy / Chiropractor:**
 - Adhere to the prescribed exercise program given by your therapist. Consistency and proper form are key to achieving optimal results.
 - Follow any recommendations regarding icing, heating, or applying topical treatments to manage pain or inflammation.
 - Report any increase in pain, swelling, or limitations to your physical therapist, as they may need to adjust your treatment plan.
- Drink plenty of water, maintain a healthy diet and exercise routine.

9. MEDICAL LASERS / CO₂

Before your treatment:

Follow the doctor's directions for pre-treatment medications. Avoid sun exposure and tanning for at least 2 weeks prior. Expect 3 to 7 days of downtime.

Items Needed:

Healing Ointment
Gentle Face Wash
Face Moisturizer
White Vinegar
Square Gauze Pads for Vinegar Soaks

Optional: Tylenol, Benadryl, Ice packs

During your treatment:

- **Consultation:** A physician will discuss the specific laser treatment, its intended purpose, and potential side effects during your consultation.
- **Precise Application:** A qualified medical professional will use a specialized laser device to deliver targeted laser energy to the treatment area.
- **Discomfort Management:** Depending on the treatment, topical anesthetic or pain management techniques such as a cooling device may be used to minimize discomfort.

After your treatment:

Use over-the-counter pain relievers like acetaminophen for discomfort.
Avoid ibuprofen, naproxen, and aspirin for 24 hours.
Use cold compresses to reduce swelling.
Sleep with head elevated.
Continue antiviral medication if prescribed.
Keep treated areas covered in healing ointment.

Post-Treatment Days 1-3:

Cleanse with lukewarm water and a gentle cleanser.
Soak gauze in white vinegar solution for pain relief and antimicrobial benefits.
Apply the healing ointment generously after cleansing.
Avoid rubbing the skin.
No exercise or strenuous activity.
Avoid hot environments and direct sun exposure.

- After 3 to 4 days, mix a tablespoon of white vinegar in half a cup of water, wet the gauze with this mixture, and clean the desired area with gentle circular motions.

Post-Treatment Days 4-7:

Continue cleansing with the gentle face wash.

Stop using the healing ointment if your skin allows and switch to fragrance-free moisturizers.

Avoid makeup until skin reevaluation.

Be cautious with hair products and perfumes near the treated area.

After Week 1:

Resume activities except for sun exposure.

Avoid waxing, microdermabrasion, and peels for 3 months.

Use mineral makeup if permitted, and apply daily sunblock.

Post Laser Skin Pinkness: Pinkness indicates healing, and may last weeks to months.

Be cautious with skincare products to prevent irritation.