

# Profound

## Prior to Treatment

### **Hydrate, Hydrate and Hydrate!!**

We recommend that for seven days pre-treatment you moisturize skin in the morning and evening. In addition, we recommend drinking at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.

-----

You may be provided an antiviral prophylaxis for use 1 day prior to the Profound treatment. You may be asked by your provider to continue use following treatment

-----

Topical retinoid therapy should be discontinued 3-4 days prior to treatment.

-----

Avoid medications that are on the list you are given 2 weeks prior to treatment to reduce bleeding and bruising.

-----

Avoid any prolonged exposure to the sun.  
If you must be in the sun, use a zinc oxide sunscreen of at least SPF 30.

-----

Remove all substances from the intended treatment area, including:  
topical anesthetics, hairspray, gel, makeup, lotions, deodorants, self-tanning products and ointments.