

## **Forma Skin Tightening Pre and Post Instructions and What to Expect**

### ***Pre Treatment***

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- You should not be freshly tanned or using sunless tanner.
- Shave the area being treated prior to their scheduled treatment (preferably the night before).
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.

### ***Post Treatment***

- Wear Sunscreen with an SPF of 50 or higher at all times on treated areas.
  - Make up may be applied immediately post procedure

### ***What to Expect After Treatment***

- There may be redness and minimal swelling after your treatment.
- With multiple treatments 1 week apart, Forma will increase collagen production in your face, therefore lifting, tightening, and contouring your skin.