

Lovely by skin institute

PRIOR to Ulfit Treatment

- Let your therapist know of any changes in your medical history, medications and/ or supplements. This includes any new metal plates or pins
- Do not have treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc)
- Discontinue use of products containing Vitamin A 24 hours prior to treatment
- Discontinue use of topical prescription Vitamin A 14 days prior to treatment
- Do not take any antihistamines or anti-inflammatories 24 hours pre treatment
- Do not have any Anti-Wrinkle Injections in the treatments area for 2 weeks
- Do not have any Dermal Filler Injections in the treatment area for 4 weeks
- History of herpes/cold sores may require an anti-viral prescription prior to treatment
- **MALES:** Shave the area 24 hours prior to treatment. Not doing so may result in irritation or prevent you from having treatment in the area

POST Ulfit Treatment

- Skin may feel warm, tender and tight for 72 hours post treatment. Apply your Soothing Serum and Post Treatment Balm for the first 4 days post treatment to keep the skin well nourished
- Swelling and redness common for 48-72 hours post treatment
- You can apply Soothing Serum/Post Treatment Balm as often as required.
- Ulfit clients may also experience some bruising, numbness and tingling for 7-10 days post treatment. This is normal and will resolve on its own
- Do not take any antihistamines or anti-inflammatories 24 hours post treatment
- Avoid heat and perspiring, hot tubs, saunas for 48 hours
- Avoid products containing Tretinoin, Retinol, Benzoyl Peroxide, Glycolic/Salicylic Acids, Astringents for 3 days post-treatment
- Use a broad spectrum (UVA/UVB) sunscreen of a minimum of SPF 30+ daily
- Do not have any skin treatments for 2 weeks post treatment unless recommended by your treating therapist
- For best results follow your home care regimen as instructed by your therapist

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on
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