**Pre-Treatment**

* Refrain from sun bathing, tanning, and or using self- tanning products for 4 weeks before appointment.
* Avoid skincare products with ingredients such as Retinol. Retin-a, or any Acid for at least 14 days prior to treatment.

**Day of Treatment**

* During the consultation, you should mention all recent surgical or aesthetic procedures.
* No makeup
* Topical anesthetic (cream) is applied, minimizing the risk of discomfort.
* The carbon crust can last up to a 1-2 weeks after the treatment.
* DO NOT pick the carbon crusts (dots) on the treated area, the healing process takes about 6-8 weeks
* Make sure to protect the treated area from direct sun exposure until the skin is healed.

**Post- Treatment**

* Day 1-2:
	+ Some discomfort, swelling and itching sensation on or around the area is normal.
	+ The swelling will likely be worse in the mornings and lessen as the day progresses
* Day 3-4:
	+ You may notice an improvement in the swelling and the “dots” will start to crust/scab over.
	+ Allow scabs to fall off on their own.
	+ The discomfort will have subsided a bit as well.
* Day 5:
	+ Swelling should have subsided, but some of the "dots" may still be present.
* Days 6 - 10:
	+ Wait patiently for the remaining scabs to fall off on their own.
	+ It is normal for the new skin under the scabs to be pink or red and peeling as the healing process continues.
* Weeks 2 - 8:
	+ Each day, your skin will progressively return to its original complexion and texture.
	+ Depending on laxity and desired results, you may have multiple treatments on the same area.