



## **Pre and after care for Intimate Brightening Treatment**

### **Pre-treatment:**

- Use AHA/BHA Masque for 3 consecutive days; apply lotion to keep skin hydrated.
- Avoid any type of hair removal session 5-7 days prior to treatment day.
- If you have a history of herpes simplex viral infections in the area being treated, you will need to take a prescription antiviral medication to prevent an outbreak. This medication should be started 3 days prior to the treatment and continued for 5 days post-care.
- Wear loose clothing to treatment.

### **After treatment:**

- Remove AHA/BHA Masque 4 hours after treatment.
- Cleanse skin every day to help digest the dead skin and prevent itching. Use lotion after cleansing to hydrate, decrease the itch, and continue to brighten.
- Use AHA/BHA Refining Masque three consecutive days post-treatment continues the brightening effects and inhibits melanin production.
- After day three, there may be some noticeable dryness and minor to major sloughing of the skin. Do Not Pick! If there's no noticeable dead skin, it doesn't mean the treatment didn't work. Everyone's skin is different.
- Abstain from any indoor or outdoor activities that cause friction to the treated area, including intimacy, tight clothing, hot yoga, hot saunas, and long durations of hot water submersion. Not following this advice may cause (PIH) Post Inflammatory Hyperpigmentation, which will make it very difficult to have optimum results.
- Schedule another treatment in 14 days; 3 consecutive treatments are recommended for optimal results.