

PRE TREATMENT CHECKLIST

MICRODERMABRASION +/- CHEMICAL PEELS

The following checklist is essential to ensure your safety if you are going on to have a treatment at Rejuven8 Cosmetix. Please review the checklist to ensure you have followed all the points enclosed before having your treatment. This pre-treatment checklist will be available in the form of a questionnaire to be filled out and signed prior to your treatment.

THIS TREATMENT:

MAY INCLUDE CHEMICAL PEELS WHICH SHOULD NOT BE DONE IF YOU ARE UNDER 18YRS AGE WITHOUT THE CONSENT OF A PARENT OR GUARDIAN

MUST NOT BE DONE OVER SCARS FROM INJURIES OR SURGERY IF THEY ARE <3 MONTHS OLD - YOU MUST INFORM YOUR COSMETIC PRACTITIONER IF THERE ARE ANY SCARS FROM INJURIES OR SURGERIES IN THE AREA TO BE TREATED

MAY INVOLVE THE USE OF SOME TOPICAL PREPARATIONS THAT SHOULD NOT BE USED IN PREGANCY OR BREAST FEEDING

MAY INVOLVE THE USE OF SOME TOPICAL PREPARATIONS THAT MUST NOT BE USED IF YOU ARE ALLERGIC TO ASPIRIN OR SALICYLATES

SHOULD NOT BE DONE IF YOU SUFFER WITH THE FOLLOWING MEDICAL CONDITIONS:

SKIN CANCERS IN THE AREA TO BE TREATED OR RECURRENT SUN SPOTS

ACTIVE INFECTIONS (EXCEPT ACNE) IN THE AREA TO BE TREATED

COLD SORES IN THE AREA TO BE TREATED – treatment will be rescheduled if active cold sore virus is present.

TYPE 2 DIABETES OR ANY POORLY CONTROLLED DIABETES - if the treatment includes extractions, facial peels or Microdermabrasion
CONNECTIVE TISSUE DISEASE

YOU MUST NOT HAVE TAKEN ROACUTANE IN THE LAST 6 MONTHS

IN THE LAST 2 MONTHS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED?

FULL ABLATIVE LASER RESURFACING e.g. CO2 laser

FRACTIONAL ABLATIVE LASER RESURFACING e.g. Pearl, Pearl Fractional

MEDICAL STRENGTH CHEMICAL PEELS PERFORMED BY NURSE/DOCTOR e.g. TCA, Obagi

LIQUID NITROGEN / CRYOTHERAPY SPRAY TO SUN SPOTS

LASER TATTOO REMOVAL

PDT (PHOTODYNAMIC THERAPY) for recurrent abnormal skin lesions such as sun spots

IN THE LAST 4 WEEKS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED?

FRACTIONAL NON ABLATIVE LASER RESURFACING e.g. Fraxel

LASER PIGMENTATION TREATMENT e.g. copper bromide

IN THE LAST 2 WEEKS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED?

DERMAL FILLER e.g. Restylane, Juvederm

HYDRATING SKIN BOOSTERS e.g. Vital, Mesolis, Belotero Hydro

CONTOURING FILLER e.g. Voluma, Sub Q, Modelis

SEMI-PERMANENT / DUAL ACTION FILLER e.g. Radiesse, Ellanse

PERMANENT FILLER INJECTIONS e.g. Aquamid

COLLAGEN STIMULATING INJECTIONS e.g. Sculptra

PLATELET RICH PLASMA INJECTIONS

SKIN NEEDLING OR DERMAPEN

LASER HAIR REDUCTION

IPL (INTENSE PULSED LIGHT) HAIR REDUCTION
IPL (INTENSE PULSED LIGHT) SKIN REJUVENATION
LASER VEIN TREATMENT
CRYSTAL LIMELIGHT REJUVENATION TREATMENT
RESPECT YOUR SKIN TREATMENT

IN THE LAST 2 WEEKS YOU SHOULD NOT HAVE APPLIED ANTI SKIN CANCER CREAMS PRESCRIBED BY A DOCTOR TO THE SKIN AREA TO BE TREATED e.g. Aldara, Efudix, Solase

IN THE LAST 48 HRS YOU SHOULD NOT HAVE HAD ANY OF THE FOLLOWING COSMETIC TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED?

GENERAL CHEMICAL PEELS PERFORMED BY DERMAL / BEAUTY THERAPIST e.g. Glycolic, Jessners

IN THE LAST 7 DAYS YOU SHOULD NOT HAVE APPLIED A STEROID CREAM PRESCRIBED BY A DOCTOR e.g. Diprosone, Elocon TO THE SKIN AREA TO BE TREATED

IN THE LAST 7 DAYS YOU SHOULD NOT HAVE APPLIED VITAMIN A CREAM PRESCRIBED BY A DOCTOR e.g. Retin A, Stieva A, Zorac TO THE SKIN AREA TO BE TREATED

IN THE LAST 7 DAYS YOU MUST NOT HAVE EXPOSED YOUR SKIN TO EXCESS UNPROTECTED SUNLIGHT

IN THE LAST 24 HOURS YOU MUST NOT HAVE HAD ANY OF THE FOLLOWING TREATMENTS DONE IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED

BOTULINUM TOXIN INJECTIONS

IN THE LAST 24 HOURS YOU MUST NOT HAVE APPLIED THE FOLLOWING TO THE SKIN IN THE SAME AREA YOU ARE ABOUT TO HAVE TREATED

HOME PEELING CREAMS

FOR 7 DAYS AFTER YOUR TREATMENT, YOU SHOULD NOT DO ANY OF THE FOLLOWING TO THE AREA/S TREATED

EXPOSE THE SKIN TO EXCESS SUNLIGHT OR SOLARIUMS (must apply daily sunblock for 4 weeks)

EXPOSE THE SKIN TO SAUNAS OR HOT WATER

WAX OR TINT ON THE AREA/S TREATED

HAVE FACIALS OR FACIAL/NECK MASSAGES OTHER THAN THOSE RECOMMENDED BY YOUR THERAPIST

HAVE ANY OTHER COSMETIC TREATMENT ON OR NEAR THE AREA TREATED

FOR 24 HOURS AFTER YOUR TREATMENT YOU SHOULD NOT

APPLY AHA/BHA OR OTHER ACIDIC SKIN CARE e.g. Vitamin C, Salicylic Acid, Glycolic Acid, Lactic Acid

APPLY OVER THE COUNTER OR PRESCRIPTION VITAMIN A CREAMS/GELS e.g. Zorac, Retin A, Retinol

FOR 24 HOURS AFTER A JESSNERS PEEL YOU MUST NOT GET ANY MOISTURE/WATER ON THE SKIN TREATED