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We are so happy that you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

*Please reach out with any questions or concerns you have regarding your treatment –*  
Call or Text: (918)-779-7590 | [soul.tulsa.com](http://soul.tulsa.com) | 1312 E 36th Place, Tulsa, OK

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**PRE-TREATMENT INSTRUCTIONS:**

- Stop the use of all exfoliants at least 72 hours prior to your appointment. This includes scrubs, retinol, Retin-A, microdermabrasion, glycolic acid, or peels.
- Avoid sun exposure for one week prior to treatment.
- If you experience cold sores/herpes outbreaks in the area to be treated, please notify us. It may be advised to begin taking an antiviral medication one day prior to treatment.
- Avoid waxing and the use of chemical depilatories for 10 days prior to treatment.

**POST-TREATMENT INSTRUCTIONS:**

- Maintain skin hydration by using a gentle cleanser and moisturizer two times a day for the first week.
- For 24 hours after the treatment, avoid using any chemical peels, AHAs or BHAs, or physical exfoliators.
- Avoid direct sun exposure and excessive heat for 1 week following treatment. Skin will be more sensitive following treatment. Sun exposure can result in sunburn and pigment changes. Use caution when outdoors and always use SPF 30+.
- Slight windburn sensation and/or blotchiness are normal in the first few days.
- Some skincare products may tingle or slightly burn for the first few days.
- It is recommended that you wait 10 days for waxing procedures.