



Tempsure™ Envi Important Patient Instructions

Tempsure™ Envi PRE-TREATMENT Recommendations

- Leading up to your appointment it is important to hydrate well. Please aim to consume half your body weight in ounces of water starting 2-3 days before the procedure
 - *example: if you weigh 200 lbs you should drink 100 ounces of water for 2-3 days prior to your procedure*
- Avoid alcohol the 2-3 days prior to your procedure if possible, as well as on the day of your procedure.
- Before and after your treatment, your face will be cleansed with tepid water and a gentle cleanser
- What do I wear?
 - The treatment area must be accessible and a secondary area for the Neutral Pad will also need to be accessed (which is usually your back).
 - Women should wear a sports bra or bra without an underwire.
 - Remove all jewelry before coming to your appointment.
 - Hair will be pulled back from the face covered in a headband
 - If you've had micro-blading or powder brows, please alert your provider and your brows will be covered during the procedure.
 - Men should shave any facial hair on area to be treated (back hair may need to be shaved for placement of grounding pad)
- Important reminders:
 - If you have had any cosmetic treatments such as injectables (e.g. Botox®, Juvaderm®, Restylane®) or facial peels you should wait a minimum of two (2) weeks to have Tempsure™ Envi.
 - Do not go to a tanning bed 3-7 days before treatment. If you have a sunburn you should reschedule.
 - NO skincare products containing Retinol or Retin-A should be used for 3-7 days before treatment.
 - If you have used Accutane medication you must be off this medication for a minimum of 6 months prior to the procedure.
 - The treatment area must be free of any open lesions or infections.

TempSure™ Envi POST-TREATMENT Recommendations

- After your treatment a medical grade serum, moisturizer and sunscreen will be applied.
- Typically, patients may return to their normal activities after receiving a TempSure™ treatment but the recommendations below contribute to an optimal outcome.
- If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until any redness has subsided.
- Continue excellent hydration for optimal results
- Sun block is very important, especially following your treatment. A physical sunscreen (vs. chemical sunscreen) with SPF of 30 or greater is recommended to help prevent future sun damage. This treatment does not cause photosensitivity.
- Continue to use recommended gentle, non-irritating skin care products, especially a good moisturizer applied morning and evening.
- Makeup, preferably mineral-based, may be applied immediately post treatment.
- It is recommended to maintain weight. Gaining excess weight will compromise treatments.
- Exercise will enhance your results (always check with your health care provider prior to starting any exercise program).
- Initially after your treatment, your eyes will feel refreshed and lubricated; your skin will feel tighter and look and feel healthier and smoother. Do not be surprised if some changes return to their original state about 3-5 days post treatment. Be patient, optimal, longer-lasting results are noted in just a few weeks.
- Treatments are given at a suggested interval to obtain optimal results.
- Your doctor will describe the nature and timing of skin improvement that maybe noticed over time. If there are any further questions or concerns, please contact our office.

The following skin-care products are recommended:

Cleanser: _____

Serum: _____

Moisturizer: _____

Sunscreen: _____