

# PLEXR SHOWER



PARIAESTHETICS

**DISCLAIMER : THE INFORMATION PROVIDED HERE IS AT A HIGH LEVEL AND IS NOT EXHAUSTIVE. DETAILED INFORMATION WILL BE PROVIDED AT THE TIME OF YOUR CONSULTATION ALONG WITH A COMPREHENSIVE INFORMED CONSENT FORM.**

## PRE TREATMENT INSTRUCTIONS

- **Avoid Sun Exposure:** Limit sun exposure and use broad-spectrum sunscreen for at least 2 weeks before the treatment.
- **Stop Use of Retinoids:** Discontinue use of retinoids, exfoliants, and harsh skincare products for 3-5 days before the procedure.
- **No Recent Treatments** Avoid any chemical peels, laser treatments, or microneedling at least 2 weeks prior.
- **Clean Skin:** Arrive with clean, makeup-free skin on the day of the treatment.
- **Hydration.** Stay hydrated and follow any specific instructions from your provider regarding skin preparation.

## POST TREATMENT INSTRUCTIONS

- **Sun Protection:**Avoid sun exposure and use SPF 30+ daily to protect the treated area.
- **Gentle Skincare:** Use mild, hydrating skincare products and avoid active ingredients (retinoids, acids) for 3-5 days.
- **No Makeup.** Avoid wearing makeup for at least 24 hours post-treatment.
- **Avoid Heat.** Refrain from using saunas, hot showers, or vigorous exercise for 24-48 hours.
- **Stay Hydrated.** Drink plenty of water and keep the skin moisturized.
- **Contact us** if you have any concerns.

