



## **PMU FRECKLES**

### **Pre-Treatment Instructions**

- 2 weeks before procedure stop all skin thinning products
- Vitamin A (Retin-A)
- Glycolic acids
- Exfoliation products or facial peels
- No blood thinning products for 48hrs before treatment
- No beer, wine or alcohol
- No aspirin (unless MD prescribed)
- No caffeine
- No heavily tanned, sunburned, wind chapped or dehydrated facial skin.
- Come to consultation with a clean face.
- Bring photos or pictures of freckles you like.

### **Post-Care Instructions:**

- Wash your face once per day with a gentle non-scented face wash. Lightly pat dry.
- Do not wear makeup until scabs are completely gone and sites are healed.
- Freckles require a dry healing process.
- No skin care on freckle sites until healed.
- No touching, picking or scratching freckle scabs. Tap the area around it w/ a q-tip.
- Freckles can take up to a 5-10 days to completely heal.
- Immediately after procedure freckles will look DARK, slightly red and swollen.
- Freckles will lighten and redness will subside in a few days and they will look natural.
- No pools, hot tubs, steam showers, saunas, oceans, lakes or sunlight until healed.

### **Post Healing:**

- Wash your face once per day with a gentle non-scented face wash. Lightly pat dry.
- Do not wear makeup until scabs are completely gone and sites are healed.
- Freckles require a dry healing process.
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**Please contact me with questions or concerns.**

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