



Procedure instructions

Please browse this list to find your procedure instructions.

Microneedling Instructions

Pre-Care

- 2 Weeks Prior to Appointment:
 - NO chemical peels, waxing, or hair removal.
- 7 Days Prior to Appointment:
 - STOP Retin-A, Retinol, topical antibiotics, exfoliants, Hydroquinone, Lytera, topical Vitamin C, and Benzoyl Peroxide.
 - NO tanning beds or self tanner.
 - Limit sun exposure and reapply SPF 50 every 2-3 hours.
- Day of Appointment:
 - Please arrive 5-10 minutes before appointment time with a clean makeup free face.
 - Please ensure that you are well hydrated and have eaten before the appointment.
- Notify Emerge if:
 - You are pregnant or breastfeeding.
 - Are prone to cold sores and need an antiviral medication called in.

Post-Care

Mineral Sunscreen is to be worn everyday following the treatment.

- Day 1:
 - First 3 Hours: Use only Lift HC, applied with clean hands.
 - After 3 Hours: Rescue may be applied, purified water may be used to splash the face and cold compresses may be used.
 - The SkinCeuticals Biocellulose Sheet Mask can be put in the refrigerator and applied when skin feels hot or sensitive.
 - Rescue, Lift HC and the SkinCeuticals Biocellulose Sheet Mask are the only products to be used within the first 24 hours.
 - Do NOT do any activities that may raise body temperature such as exercising and saunas.

- Day 2:
 - Skin may be swollen and feel like a moderate sunburn.
 - Use SkinMedica Gentle Cleansing AM/PM and use a gentle moisturizer that you know your skin tolerates. No exfoliating.
 - You may apply mineral sunscreen and makeup.
- Day 3:
 - Skin should be less red and slightly dry.
 - Peeling may occur, do NOT pick or scrub it off.
 - Gentle Cleansing and moisturizing AM/PM. NO exfoliation.
- Day 4:
 - If skin is no longer red or flaking, normal routine may begin; if still sensitive or peeling continue with Gentle Cleansing and Moisturizing.
 - Let skin completely heal before exfoliating or adding active ingredients.
Wait 4 weeks before having a facial, botox, filler or any other treatments.

Laser Treatments

Pre-Care - All Lasers

- 3 Months Prior to Appointment:
 - Roaccutane (Isotretinoin) must be stopped, if being taken.
- 4 Weeks Prior to Appointment:
 - NO exfoliating or tanning.
 - Limit sun exposure and apply SPF 50 every 2-3 hours.
- 2-3 Weeks Prior to Appointment:
 - NO self-tanning.
- 5 Days Prior to Appointment:
 - STOP all active ingredient skincare. Eminence Stone Crop products or Cetaphil are recommended.
- 2 Days Prior to Appointment:
 - STOP Hydroquinone and Lytera.
- Night Prior to Appointment:
 - Men need to be clean shaven. Women need to dermaplane or shave.
- Day of Appointment:
 - Please arrive 5-10 minutes before the appointment time with a clean makeup free face.
- Inform Emerge if:
 - Ill and need or have been on antibiotics within 2 weeks prior to treatment.
 - on any antidepressants, antifungal drugs, antibiotics, and antihistamines as certain ones can cause photosensitivity.

Post-Care

IPL/Fotofacial Post-Care

- First 2 Weeks:
 - Protect the treated area with SPF 30 or higher and avoid intentional sun exposure.

- First 3 Days:
 - Wash the treated area gently and do not use Glycolic Acid or Retin-A products.
 - You may use an antibiotic ointment (Neosporin) at the first sign of blistering.
 - Do NOT expose skin to excessive heat such as hot baths, saunas or hot tubs.

If a superficial crust or scabbing occurs do NOT rub, scratch, or remove scab; cleanse gently and pat

Laser Hair Removal Post-Care

- Day 1:
 - The treated area will be red and swollen and feel like a sunburn for a few hours.
 - You may apply cold compresses for 15 minutes each hour for 4-5 hours.
 - Ice water compresses, aloe gel or hydrocortisone cream to ease irritation.
 - Avoid hot showers, saunas, pools, hot tubs, steam rooms, and exercise until day 3.
 - Makeup is okay as long as skin is not irritated.
- Day 2-3:
 - Redness should be gone.
 - Do NOT irritate the treated area chemically or mechanically. Avoid picking and scratching the treated skin.
 - Treated areas can be shaved but NOT waxed or tweezed.
- Days 5-14
 - Shedding of the treated hair may occur and it can appear as new hair growth. This is NOT new hair growth, you can clean and remove hair by washing or wiping the area with a wet cloth.

Call for an appointment at the first sign of return hair growth. This may occur within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Regrowth occurs at different rates and will not occur for at least 3 weeks post treatment.

BBL (BroadBand Light) Post-Care

- You may experience some redness in the treated area that should resolve within a few hours. You may notice darkening of your pigmented spots, followed by fading and flaking off at a later stage.
- In most cases, there is virtually no downtime and it is safe to apply makeup.
- Sunscreen 30 SPF or higher is highly recommended after the treatment.

HALO Post-Care

- Day 1:
 - Sunscreen with UVA/UVB and a DPS of 30 or higher MUST be applied and used daily starting the day of treatment. This should be used for the following 3 months.
- Day 2:
 - Cleanse AM/PM with a gentle cleanser (no active ingredients) with your hands starting the morning after treatment,
 - Do NOT scrub or use exfoliants.

- A gentle moisturizer (no active ingredients) should be applied generously over the treated area and reapplied frequently, starting the morning after treatment.
- Before Skin has Healed:
- NO makeup until any peeling is complete.
- Avoid getting shampoo directly on the treated area while showering until healed.
- Avoid strenuous exercise and sweating.

Micro Laser Peel and CO2 Post-Care

- For the Next 4 weeks:
 - NO prolonged sun exposure. Sunblock containing Zinc Oxide or Titanium Oxide should be applied daily if in the sun.
- Day 1:
 - Intense burning, redness, warmth, and a sunburned sensation are normal responses following treatment. The discomfort and redness generally last 2-8 hours after the procedure.
 - Apply cool compresses or follow the directions for vinegar soaks to help relieve discomfort. Tylenol can be taken for discomfort.
 - Start sleeping with your head elevated to reduce swelling that may occur around the eyes during the first few days post treatment.
- Day 1-3:
 - Aquaphor should be applied 2-4 times a day (or any time skin becomes dry) as it is important to maintain a thin barrier during the first 3 days post treatment.
 - Skin may feel tight and itchy and begin peeling 2-3 days post treatment.
 - Do NOT pick or scrub your skin.
 - Short, cold or warm showers are recommended during these days. Use a mild cleanser (Stone Crop or Cetaphil) on the treated area and reapply aquaphor.
 - No exercise, saunas, or hot tubs.
- Day 3:
 - Makeup is okay to be worn but caution should be used when applying and removing - no scrubbing.
- Please Inform Emerge if:
 - You develop a cold sore, if prone to cold sores it is recommended to take an antiviral medication for the 5 days following the treatment.

CO2RE Intima (Vaginal Rejuvenation) Post-Care

- For the Next 7 Days:
 - Avoid sexual intercourse, tampon use, baths, hot tubs and swimming until healing is complete.
- Day 1:
 - You may experience redness, stinging, blotchy coloring and some swelling.
 - Apply ice and take tylenol as needed to help with discomfort.
 - You may use Dermoplast Pain Relieving Spray prior to applying aquaphor.

- Aquaphor should be applied until healing is complete.

Filler

Pre-Care

- 2 Weeks Prior to Appointment:
 - Avoid any dental work (including cleanings), vaccinations and antibiotics.
- 7-10 Days Prior to Appointment:
 - STOP taking Vitamin E, fish oil, Ginkgo Biloba, Glucosamine, green tea, garlic, turmeric, and St. John's Wort as they can contribute to swelling and bruising.
- 5-7 Days Prior to Appointment:
 - Limit your alcohol, smoking, ibuprofen, and aspirin consumption to avoid excessive bruising. Tylenol is recommended as a substitute and can be taken as needed.
 - Arnica Montana should be started as it can help minimize swelling and bruising. Pineapple can also aid in recovery, swelling and bruising.
- Day of Appointment:
 - Please arrive 5-10 minutes before appointment time with a clean makeup free face.
- Please inform Emerge if:
 - Pregnant or breastfeeding.
 - Ill and need or have been put on antibiotics within the 2 weeks prior to your appointment.
 - Prone to cold sores and are receiving filler around mouth or lips and need an antiviral called in.

Post-Care

- First Days:
 - Temporary bruising, swelling, and redness at injection sites is normal; sleeping with your head elevated may reduce excess swelling.
 - Avoid vigorous contact with the treated area for 24 hours.
 - Cold compresses and Tylenol may be used for any discomfort.
 - Sunscreen SPF 30 or higher is recommended.
 - Avoid extreme cold or heat for the first 2 days.
- Day 1:
 - Avoid vigorous contact with the treated area for 24 hours.
 - Arnica may be applied topically and/or taken orally immediately after treatment as directed.
 - NO strenuous exercise, alcoholic beverages, skin care products, or extensive heat and sun exposure.
 - Makeup is okay 12 hours post treatment.
- Inform Emerge if:

- Experiencing severe/worsening pain, increased redness or warmth in the treated area, bruising that continues to get darker rather than turning green/yellow, or have a fever above 100.4 F.

Botox

Pre-Care

- 2 Weeks Prior to Appointment:
 - Avoid any dental work (including cleanings), vaccinations and antibiotics.
- 5-7 Days Prior to Appointment:
 - STOP Vitamin E, fish oil, Ginkgo Biloba, Glucosamine, green tea, garlic, and St. John's Wort.
 - Limit alcohol, Ibuprofen and Aspirin consumption.
- Please Inform Emerge if:
 - Pregnant or breastfeeding.

Post-Care

- Day 1:
 - First 5-6 hours: NO laying down or bending over for prolonged periods (keep your head above your heart).
 - NO tight fitting hats 4-6 hours after.
 - NO strenuous exercise, prolonged sun exposure, or excessive alcohol intake in the first 24 hours.
- Days 2-3:
 - Refrain from massaging or firm pressure on the treated area.

Sclerotherapy

Pre-Care

- 4 Weeks Prior to Appointment:
 - NO tanning or self-tanning.
- 7 Days Prior to Appointment:
 - Limit ibuprofen, aspirin and alcohol consumption.
- Day of Appointment:
 - Please come with clean legs, no lotion.
 - Bring compression socks to wear after the appointment. Must be higher than the area being treated.
- Please Inform Emerge if:
 - On routine, prescription blood thinners.

Post-Care

- For Next 2 Weeks:
 - NO sun exposure to legs.
 - Compression socks should be worn day and night.

Kybella

Pre-Care

- 2 Weeks Prior to Appointment:
 - Avoid Ibuprofen, aspirin, alcohol and high sodium intakes.
- Day of Appointment:
 - Please arrive 5-10 minutes before appointment time with a clean makeup free face.
- Please Inform Emerge if:
 - Have difficulty swallowing, medication allergies, history of Anaphylaxis, recent surgery to treatment area.
 - Pregnant or breastfeeding.
 - On routine, prescription blood thinners.

Post-Care

- Day 1:
 - Cold compresses may be applied to the treatment area during the first 12 hours, 15 minutes per hour.
 - Tylenol may be taken for any discomfort.
- Day 1-3:
 - Do NOT massage the treated area.
- Please Inform Emerge if:
 - Any significant swelling, bleeding, increasing pain, dusky discoloration, difficulty swallowing and smiling, or have a fever above 100.4 F.

Plasma Pen

Pre-Care

- 4 Weeks Prior to Appointment:
 - NO Botox, Dysport, Filler, Laser treatments, or Peels.
- 2-4 Weeks Prior to Appointment:
 - Reapply SPF 50 every 2-3 hours.
 - Avoid excessive sun exposure.
 - Start taking 2,000mg of Vitamin C orally as you will be taking it for 12 weeks post appointment.
- 4 Days Prior to Appointment:
 - STOP using skincare containing any Acid, Retin-A, Retinol, or Topical Vitamin C.
- 3-5 Days Prior to Appointment:
 - Avoid alcohol, smoking, ibuprofen, aspirin, Glucosamine, turmeric, St. John's Wort, green tea, garlic, fish oil, and Vitamin E.
 - Tylenol can be taken as needed.
- Day of Appointment:
 - Male clients will need to shave the treatment area in the morning of appointment. Please use a quadruple blade.

- STOP the use of LED light.
- Please do not wear contacts to the appointment as you will need to wear glasses for 72 hours after.
- Please arrive with a clean makeup free face.
- Ensure that you are well hydrated and have eaten 30 minutes to 1 hour before.
- Please Inform Emerge if:
 - Have a history of cold sores or have tested positive for Herpes Simplex Virus and need an antiviral medication called in as a preventative measure.
 - Have a naturally dark skin tone so we can adjust instructions to provide optimal results.
 - On a routine, prescription blood thinner.

Post-Care

- First 12 Weeks:
 - AVOID SUN EXPOSURE AND WEAR SUNSCREEN.
 - Continue Vitamin C 2000mg/day.
 - Avoid saunas and sunbeds.
 - Avoid all other med-aesthetic or surgical treatments in the same area.
 - Do NOT pick, scratch or exfoliate the skin until the carbon crusts have completely fallen off naturally.
 - First 6 Weeks:
 - NO chemical peels or Diamond Glows.
 - Week 2-3:
 - Skin may look worse while the skin recoils after inflammation, this is normal.
 - Avoid exercise and/or getting sweaty as this can cause carbon crusts to fall off prematurely.
 - Days 1-4
 - You may cleanse with a smooth, soft, lint-free cloth and lukewarm water- patting dry.
 - Sleep with your head elevated these days. (a travel neck pillow is helpful).
- Only use the post care products given to you after your treatment until the carbon crusts have fallen off*
- Advanced Healing Repair Lotion: 3-4 times/day for 24-48 hours
 - Tinted Aftercare Balm SPF 50: may be used immediately after treatment, but do NOT wash until all carbon crusts have fallen off
 - Colloidal Silver and Aloe: 3 times/day until carbon crusts have fallen off

Enlighten/RevePeel/ReveFresh

****Requires a consultation prior to scheduling the treatment****

Pre-Care

- 5-6 Months Prior to Appointment:
 - STOP the use of Accutane.
- 4 Weeks Prior to Appointment:
 - Use Hydroquinone and Retinol leading up to a week before the appointment.
 - NO Botox, Fillers, Lasers, Chemical Peels or waxing within 4 weeks of the appointment.
 - NO prolonged sun exposure, tanning beds or self-tanners.
 - Daily use of SPF 40 or higher.
 - Clients with moderate to severe photodamage, oily or resilient skin may need microneedling 4 weeks prior to treatment to ensure optimal results.
- 7 Days Prior to Appointment:
 - STOP use of skincare containing Retinol, AHA, and BHA.
 - Start Arnica Montana and pineapple to help reduce bruising and swelling.
- 3-5 Days Prior to Appointment:
 - Avoid alcohol, smoking, ibuprofen, aspirin, Glucosamine, turmeric, St. John's Wort, green tea, garlic, and Vitamin E.
 - Tylenol can be taken as needed.
- Please Inform Emerge if:
 - Have open wounds, sunburn, skin infections, dermatitis, inflammatory rosacea, or extremely sensitive skin.
 - Have a history of cold sores, warts, or Herpes Simplex and need an antiviral prescription as a preventative measure.
 - Pregnant or breastfeeding.
 - Have a pacemaker or internal defibrillator.
 - Have a history of blood clotting disorders or are on blood thinners.
 - Have a history of collagen vascular disease, keloid scarring, hypertrophic scarring, or abnormal wound healing.

Illuminize Peel

Book a Consultation If:

- Active cold sores in the area need to be treated.
- Wounded, sensitive or sunburned skin.
- Inflammatory rosacea or dermatitis.
- Use of Accutane in the past 1-2 years.
- Recent chemotherapy - get approval from your oncologist.
- History of allergies or rashes
- Pregnant, breastfeeding or planning to become pregnant.
- Autoimmune disease: Vitiligo, Rheumatoid Arthritis, Psoriasis, Lupus, Multiple Sclerosis, and any other that weakens the immune system.
- Unsure if it will work for your skin-type.

Pre-Care

- 7 Days Prior to Appointment:
 - NO waxing, electrolysis, depilatory creams, or laser hair removal.
 - STOP stronger exfoliating acids if you have sensitive or dry skin.
- 3-5 Days Prior to Appointment:
 - NO Vitamin A products (Retin-A, Retinol, Differin, Tazorac, Renova).
 - NO Alpha Hydroxy Acids (Glycolic Acid), Beta Hydroxy Acids (Salicylic Acid) or Benzoyl Peroxide.

Post-Peel Instructions

By following these instructions you are supporting your investment you made by getting the peel done. If you do not already have mineral sunscreen, you will need to get one before you leave

- First 24 Hours:
 - Skin may be pink and slightly itchy immediately after application for 1-2 hours.
 - Mild swelling that can last up to an hour.
 - Do NOT wash skin until the end of the day.
 - Avoid exercise, sweating or raising your body temperature (saunas, sun bathing, hot tubs).
- First 3-4 Days:
 - Cleanse: Gentle cleanse 2x/day with SkinMedica's facial cleanser or another soap/active-free cleanser.
 - Moisturize: Relieve dryness with SkinMedica's TNS Ceramide Treatment Cream or another moisturizer recommended by your aesthetician.
 - Sun Protection: SkinMedica's Essential Defense Mineral Shield Sunscreen for Post-Procedure and Sensitive Skin (comes in a SPF 35 or a tinted version in SPF 32).
 - This is crucial to protecting the exfoliation your skin is going through from the peel. Not wearing it can cause damage and make skin worse.
- Day 4:
 - Skin should look normal (but better!).
 - Some may experience mild peeling that starts a few days after application.
 - Do NOT exfoliate the dry skin away.
 - Avoid direct sunlight, you are at an increased risk of sunburn.
- Day 4-5:
 - You can resume your normal skin care routine (Retin-A, Retinols, AHA and BHA products).
 - Wait until skin sensitivity has resolved before any other facial treatments (laser, microdermabrasion, injections and hair removal).
- 2 Weeks:
 - You can book another Illuminize Peel every 2 Weeks.

Vitalize and Rejuvenize Peel

Book a Consultation if:

- Active cold sores in the area to be treated.
- Wounded, sensitive or sunburned skin.
- Inflammatory rosacea or dermatitis.
- Use of Accutane in the past 1-2 years.
- Recent Chemotherapy- get approval from your oncologist.
- History of allergies or rashes.
- Pregnant, breastfeeding or planning to become pregnant.
- Autoimmune diseases: Vitiligo, Rheumatoid Arthritis, Psoriasis, Lupus, Multiple Sclerosis, and any other that weakens the immune system.

Pre-Care

- 7 Days Prior to Appointment:
 - NO waxing, electrolysis, depilatory creams or laser hair removal.
 - STOP stronger exfoliating acids if you have sensitive/dry skin or if it's your first time receiving a peel.
- 3-5 Days Prior to Appointment:
 - NO Vitamin A products (Retin-A, Retinol, Differin, Tazorac, Renova).
 - NO Alpha Hydroxy Acids (Glycolic Acid), Beta Hydroxy Acids (Salicylic Acid) or Benzoyl peroxide.
- Day of Appointment:
 - It has to have been 7 days since cosmetic injections.

Post-Peel Instructions

By following these instructions you are supporting your investment you made by getting the peel done. If you do not already have mineral sunscreen, you will need to get one before you leave the spa.

- First 24 Hours:
 - Peel self-neutralizes, you will leave with it on.
 - Skin may feel tight and be slightly red.
 - The skin might feel tacky and have a yellow tint to it, this is normal.
 - Do NOT wash your skin until the end of the day.
 - Avoid working out, sweating, or raising your body temperature (saunas, sun bathing, and hot tubs) until skin has completed the peeling process.
- Skincare for Days 1-6:
 - Cleanse: Gentle cleanse 2x/day with SkinMedica's Facial Cleanser or another soap/active-free cleanser.
 - Moisturize: Relieve dryness with SkinMedica's TNS Ceramide Treatment Cream or another moisturizer recommended by your aesthetician.
 - Sun Protection: SkinMedica's Essential Defense Mineral Shield Sunscreen for Post-Procedure and Sensitive Skin (comes in a SPF 35 or a tinted version in SPF 32).
 - This is crucial to protecting the exfoliation your skin is going through from the peel. Not wearing sunscreen can cause damage and make skin worse.
- Day 4
 - Skin should feel normal, maybe a little tight or dry.

- Most start peeling around the mouth area 48-72 hours after peel application, some don't peel at all, and some peel more and for a longer duration.
 - Everyone is different and it doesn't mean your skin isn't benefiting if you don't experience a lot of peeling.
 - Peeling can last 2-5 days, with the forehead and sides of the face peeling last.
- Do NOT pick, scratch, pull or exfoliate the dead dry skin. If you do, you may cause post-inflammatory hyperpigmentation!
- Avoid direct sunlight as you are at an increased risk of sunburn.
- After the Peeling Process is Complete:
 - You can resume your normal skin care routine (Retin-A, Retinols, AHA, and BHA products).
 - Wait until skin sensitivity has resolved before any other facial treatments (laser, microdermabrasion, injections, and hair removal).
- 4-6 Weeks Post:
 - You can book another Rejuvenize/Vitalize peel! Results are cumulative and best results are seen after a series of 3 or part of the treatment plan your aesthetician has customized for you.