

# Sofwave Instructions

## Contraindications

- Open wounds or lesions in treatment area
- Recent infections in area (such as HSV-1, Varicella Zoster, dermatitis, acne ect.)
- Severe cystic acne in treatment areas
- Pacemakers and electronic device implants in treatment area (no neck)
  - Get med clearance for other areas
- Pregnant/breastfeeding
- Eczema/Psoriasis
- Current or history of melasma
- Recent significant scarring
- Presence of metal stent or implant in treatment area
- Autoimmune diseases
  - Get med clearance for treatment

## Avoid

- Retinol, Retin A for 5 days prior and 2 weeks post procedure
- Avoid sun exposure for 2 weeks after treatment
- Avoid harsh scrubs, or face wash after treatment (only use gentle cleansers)
- Avoid active acutane use
- Avoid Dermal fillers for 3 weeks
- Avoid Botox for 2 weeks
- Cannot treat over permanent makeup including lips, microneedling/microshading of brows
- Avoid blood thinners for 2 weeks prior

**\* Patient should maintain a stable weight. If patient is on weight management medications or injections please reschedule after desired weight has been reached.**

**\* If patient has history of cold sores, please start prophylactic such as Valtrex**

**\* Treatments are recommended 1 to 3x a year or as recommended by your doctor.**