

# Emerge Medical Spa

## Aluma Pre and Post Treatment Instructions

Aluma treatments are ideal for individuals with active lifestyles who do not wish to experience the healing time of ablative procedures or surgery. The procedure requires no “downtime” so patients can resume their regular activities shortly after treatment.

### ALUMA PRE-CARE INSTRUCTIONS and CONTRAINDICATIONS

Contraindications include:

- Active implants, such as cardiac pacemaker.
- Permanent implant in the treatment area.
- Current or history of cancer in area to be treated.
- Significant concurrent illness, such as diabetes, congestive heart disease, epilepsy and other neurological disorders, or active infection.
- Significant skin irregularities affecting treatment area, including dry skin, open wounds, raised moles, port wine stains, major scars, microvascular disorders, or any inflammatory skin conditions.
- Use of Accutane within two months, or use of topical isotretinoin or light-based acne clearing device in treatment area, within one month of treatment or during course of treatment.
- Immunosuppressive diseases, including AIDS and HIV infection, or use of immunosuppressive medications.
- History of bleeding coagulopathies or use of anticoagulants.
- History of keloid scarring, skin atrophies, or poor wound healing.
- Pregnant or nursing patients.

### ALUMA POST CARE INSTRUCTIONS

Topical Care:

- Please ensure that the area is well moisturized with frequent applications of a non perfumed topical moisturizer, ideally containing an SPF of 30 or greater.
- Do not irritate treated area chemically (such as harsh acne products) or mechanically for 1-2 days after treatment.
- Makeup may be applied immediately after treatment.
- Cortisone preparation may be used to decrease epidermal reaction.

Bathing:

- Wash treated area gently with mild soap and water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be patted dry.

Sun Protection:

- A sunscreen with an SPF of 30 or greater should be applied for a minimum of 1 week post treatment.

Activities:

- Avoid excessive heat or friction to the treated area. (For example: heavy exercise, saunas.)
- Provided that there is no persistent redness, blistering, or crusting present in the treatment area, you may resume all normal activities.

Adverse Events:

- Please contact your provider immediately if you notice any blistering, redness, crusting, tenderness, or any other changes that may concern you.

Follow- Up Treatments:

- For best results, follow up treatments are essential. Subsequent treatments should be scheduled at 2 week intervals until a series of 5-8 sessions is completed.

Patient Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**24 Hour Cancellation Policy:** Failure to adhere to this policy will result in the loss of one treatment from your purchased package or \$50 - \$100 charged to your account. If we cannot provide treatment because the pre-care instructions were not adhered to it is considered a violation of this policy. The balance must be paid before any further treatments can be performed. \_\_\_\_\_ **(Patient Initial)**

Please call our office if you have any questions or concerns: (503) 802-7546