



Renuvion Facial Renewal

Pre-Procedure Considerations

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What you will need to purchase and have at home for your healing phases:

- Vinegar
- Bacitracin (zinc free)
- Aquaphor (large size)
- Spray bottle

**Please note: these costs are not included in the price of your procedure.*

What our office will provide you at the time of your procedure:

- Small tubes of Bacitracin and Aquaphor (enough to get you through the first day or two)
- Gauze Pads
- Gentle Cleanser
- Restorative Moisturizer and Chemical-Free Sunscreen (provided at the time of your first post op)

**Please note: these products and supplies are included in the cost of your procedure.*

At Least Six Weeks Prior to Your Procedure

- Begin prepping your skin for the procedure by applying a 4% Hydroquinone (ZO Skin Health Pigment Control Crème) and Retinol .025% (SkinMedica Retinol Complex) to skin at night. Mix a pea sized amount of both products together and apply to entire face, except for eyelids. Apply products to clean, dry skin. ***Both products are available for purchase in our office at the time of your consultation.**
- Apply sunscreen daily and avoid sun exposure.

Two Weeks Prior to Your Procedure

- Avoid all sun exposure and tanning beds. Wear sunscreen and wide-rim hats when outside.
- Stay hydrated. Eat clean and healthy, consuming proteins and vegetables.
- Do not use any nicotine or THC products (cigarettes, vaping, marijuana).
- Do not use any exfoliating agent, including microneedling, microdermabrasion, chemical peel or laser treatments.



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PLASTIC SURGERY & AESTHETICS

- Limit alcohol consumption.
- 1-2 weeks prior to your procedure, a member of our team will call you to review the pre/post instructions for your upcoming procedure.

One Day Prior to Your Procedure

- Prepare your bed with old bedding, as they may be soiled with the skincare products applied to your face following the procedure.
- Remove all hair extensions, false eyelashes, and metal hair clips.
- Arrange for a responsible adult to bring you home from your procedure.

The Morning of Your Procedure

- Do not wear makeup, face lotions, contacts, piercings/jewelry.
- Keep hair out of your face by pulling it back in a ponytail and wearing a stretchy headband.
- Wear a button-down shirt and comfortable clothing. Avoid wearing expensive clothing, as it may be ruined by ointment.

Please call the office 207-835-4777 or text our HIPAA secure platform Klara 207-255-7554 with any questions leading up to your procedure.