



TempSure RadioFrequency Treatment

Pre-treatment instructions:

- Remove all makeup, including eye makeup, lotions or sunblock and wash facial area prior to treatment. Any preparations left on the skin will act as impedance to the energy and will diminish the effects.
- Neurotoxins (e.g. Botox) or fillers should be given post-treatment or a minimum of two weeks prior to the TempSure Treatment. They can be given immediately after TempSure treatment.
- Avoid therapies that may cause erythema (redness) or irritation such as Retin-A or products containing Isotretinoin, glycolic and or salicylic acid For 5 to 7 days prior
- The treatment area must be free of open lesions, sores, or infection.
- For an optimum treatment, hydrate by drinking plenty of water or hydrating fluids several days in advance. Avoid alcohol if possible.
- You must remove all piercings and jewelry, including watches before treatment. These items potentially may heat up during treatment. If you have a piercing you cannot remove, please notify us and we will attempt to make accommodations.
- We do not recommend treatment over tattoos and cannot place the neutral grounding pad over a tattoo.
- Notify us if you have any metal implants or hardware in your head or body. These may heat up during treatment.
- Shave any dense hair on the area to be treated. Thick hair or stubble on men can heat up causing discomfort.
- Do not wear constrictive clothing. Treatment area must be accessible and a secondary area for the neutral grounding pad will also need to be accessed. Pre-treatment for a minimum of 2 weeks may be necessary, depending on your skin type and if you are prone to hyperpigmentation

Post-treatment instructions:

- You may return to normal activities after receiving treatment.
- Wash skin with cool water and a gentle cleanser.
- If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until any erythema (redness) has subsided. Makeup may be applied immediately post treatment.
- Soothing creams or moisturizers are recommended.
- Use a sunblock with an SPF of 30 or greater if going out into the sun to help prevent future sun damage. This treatment does not cause photosensitivity. Stay hydrated, drink plenty of water. The practitioner will describe the nature and timing of skin improvement that may be noticed over time.
- Typically, clients may return to their normal activities after receiving a TempSure Envi treatment. Temporary redness (erythema) and edema (minor swelling) of the skin following treatment is normal.
- Avoid hot tubs, or hot water when washing or showering until erythema (redness) has subsided. Cleanse skin with tepid water and a gentle cleanser, no active ingredients for a minimum of 3 days.
- Use only water-based serums or moisturizers (no oils) immediately after treatment to calm or soothe the skin.
- Use a daily physical sunscreen with an SPF of 30 or greater (preferably SPF 50 for the face & neck) to help prevent future sun damage.
- Makeup, preferably mineral-based, may be applied immediately post treatment

- Histamine/hives: some people may develop raised papules similar to hives, this usually subsides within a few hours.
- There is an unlikely, but potential risk of an allergic reaction to the glycerin, ultrasound gel or adhesive on the return pad that is applied to the skin during the treatment. Such risks include temporary swelling, itching, and formation of a rash.
- Hydration is key to achieving the best results possible.

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