



Forma Pre & Post Instructions

Forma uses radio-frequency energy to create contraction deep into the layers of the skin. The subdermal heating applicator of this device allows optimal temperatures to be reached in order to stimulate new collagen production and improve skin elasticity. This pain free tissue remodeling device will have your skin looking tighter and improve the overall appearance of your profile. Depending on your customized treatment plan this treatment can be used as a stand alone treatment for collagen remodeling and tightening and can also be combined with other modalities for optimal results. Treatment results are cumulative and may typically be seen after 6 weekly sessions. As with all services it is important for you to use your medical-grade skincare regime before and after treatments. Schedule your Complimentary Skincare consultation to determine a skincare regime that will give you the best results.

Pre-Treatment Instructions:

2 Weeks Before

- Avoid sun exposure or the use of tanning beds at least 14 days prior to your treatment. Wear sunscreen with a minimum SPF30 at all times when outdoors. Please note sunburned skin cannot be treated.
- Please ensure that you have not had any injectables; neurotoxin or fillers, for at least two weeks prior to treatment.

2-4 Days Before

- 2 days before discontinue products containing retinol, prescription retinoids (such as RetinA, Renova, Differin (Adapalene 0.1), Tazorac)
- 2 days beforeDiscontinue products containing Salicylic Acid, Alpha Hydroxy Acids (AHA's), BHA's, Benzoyl Peroxide, glycolic acid, lactic acid, vitamin C, facial scrubs (Forma)
- Please shave hair in area to be treated 2 days before treatment
- If the treatment area is on your body (not face), please arrive at your appointment well hydrated. Ideally, you should hydrate 2 days before and on the day of the treatment as
- Please shave hair in area to be treated 2 days before treatment
- If the treatment area is on your body, please arrive well hydrated. We recommend drinking 1 gallon per day.
- Please wear comfortable clothing on the day of your treatment
- No make-up, creams, or lotions on skin. No jewelry.

Post-Treatment Instructions:

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly (face treatment) or may last for a few hours as deep tissue retains heat longer (body treatment).
- Increased sensitivity to heat (very hot shower) may last for 24 – 48 hours after the treatment
- You may have some tenderness in the area for a few hours or a day after.
- Treatment around the eyes may yield some swelling and you are encouraged to sleep on two pillows for 24 to 48 hours after the treatment.
- If the treatment area is on your body (not face), stay well hydrated for 4 days after the treatment for better results. Additionally, we encourage light physical activity after treatment to help with lymphatic flow.