



**Thermi-Smooth
Non-Invasive Skin Laxity and Smoothing
Post Treatment Instruction**

Dear Valued Patient

Thank you for your interest in visiting our office. As we discussed, you have decided to have ThermiRF treatment done at this Medi-Spa today.

Typically you may return to your normal activities after the Thermi-Smooth treatment.

1. It is not recommended to exercise on the day of your treatment.
2. Wash your skin with tepid water and a gentle cleanser.
3. If the skin is slightly pink or red in areas following the treatment, avoid hot water when washing or showering until any pink has subsided.
4. Mineral make-up may be applied immediately post treatment. These products are available at the Medi-Spa - please consult with your Service Provider.
5. Soothing, non-irritating creams or moisturizers may be used.
6. Use a sun block with an SPF30 if going out to help prevent future sun damage. This treatment does not cause photosensitivity.

We look forward in seeing you at the follow-up visits.

**If you have any questions or concerns please contact the office.
902-893-7613**