

FORMA/FORMA PLUS RADIOFREQUENCY

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- No Retin-A alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) 12 hours prior to your treatment.
- No auto-immune therapies or products 12 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. Forma/Forma Plus treatment will not be administered on sunburned skin.
- If you have a history of cold sores, prophylactic antiviral therapy may be started the days before your treatment.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.
- Stay hydrated! Drink plenty of water a few days before and on the day of your treatment. No less than 2L of water intake a day is recommended.
- Reduce your Caffeine intake and No Alcohol intake 24 hours before your treatment.

Post-Treatment Care

- ****Normal activity can be resumed****
- Immediately after the treatment, there may be slight redness, swelling and tenderness in the treated area. These expected side effects may last up to at least 30 minutes to 2 hours.
- Reduce your Caffeine intake and No Alcohol intake 24 hours after your treatment.
- Keep well hydrated. No less than 2L of water intake a day is recommended.
- Keep the area moisturised at all times with a mild moisturiser.
- Recommended Mineral makeup may be applied after the treatment.
- A skin care programme may be prescribed to aid in achieving an optimum result.
- A course of treatment is required to achieve the optimum result.
- The number of required sessions varies depending on the area and individual.

Tel: 04-4312396 (Monday to Saturday 10AM to 7PM)
Emergency Number during out-of-office hours: 971-528928353