



Rejuvenation through art and science

Pre/Post Instructions

THERMI250

- You may experience some mild to moderate pink to redness that should subside within 2-4 hours.
- Depending on the area treated you may experience some mild “aching,” similar to a muscle ache after a workout. This should resolve in 2-3 days. If it does not, please contact your provider.
- You may return to your normal daily activities immediately.
- Adequate hydration is encouraged for optimal results of your treatment.
- Avoid tanning beds for 24 hours after treatment.
- Soothing, non irritating creams and moisturizers may be used.

Call ReFresh if any of the following occur:

- Prolonged discomfort or pain.
 - Continued redness or skin irritation greater than 6 hours.
 - Develop a rash in the area treated.
 - Onset of abnormal bleeding
- Every 2-3 weeks after each treatment
 - Next appointment: _____