



## GREENWICH POINT DERMATOLOGY

### FORMA SKIN TIGHTENING

#### PRE-TREATMENT INSTRUCTIONS

- Avoid Forma if pregnant or breastfeeding.
- Stop any topical retinoids 2 weeks prior to your treatment unless otherwise advised by Dr. Dolder.
- Avoid applying makeup the day of treatment.
- If you have a history of cold sores, please let Dr. Dolder know.
- Caution is advised to persons with a history of herpes simplex in the treatment area. Those who carry the herpes simplex virus and receive laser treatment on their upper lip, chin, or lower cheeks may have a “flare-up” of their condition. The risk of this complication can be reduced if you take a prescribed antiviral medication in the office on the day of your treatment, which Dr Dolder will provide to you. If you have an active herpes outbreak, your appointment will have to be rescheduled.

#### POST-TREATMENT INSTRUCTIONS

- Expect mild redness lasting 1-2 hours.
- Wash once a day with a gentle cleanser and liberally apply a nourishing moisturizer after cleansing and throughout the day as needed to prevent dryness.
  - Neocutis Biocream
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily.
  - Neocutis Journee
  - Elta MD

If you have any questions or concerns, please call our office at 203.764.2230.