



## ToskaniMed Mesotherapy Pre and Post Care Instructions

ToskaniMed mesotherapy treatments are professional cosmetic formulations designed to deliver active ingredients directly into the dermis to address specific skin concerns such as aging, pigmentation, and loss of elasticity. These cocktails combine vitamins, biomimetic peptides, amino acids, antioxidants, growth factors, hyaluronic acid, and purified salmon DNA with other pharmaceutical-grade ingredients.

### **PRE-TREATMENT:**

- **Please arrive with a clean face, without any make-up, self-tanner, or lotions on.**
- Sunscreen cannot be applied immediately after the treatment so bring a loose-fitting hat to protect skin the day of the appointment.
- If you have active acne, active cold sores, or open lesions, your treatment may be rescheduled.
  - Antiviral medication may be necessary if you have a history of cold sores.
- Treatment cannot be performed within 6 months of Accutane (Isotretinoin).
- Treatment cannot be performed while pregnant or nursing.

### **POST-TREATMENT:**

- Immediately Post Treatment:
  - Mild erythema and edema are normal reactions to treatment. A light purge or histamine bumps may occur and are also normal reactions to treatment. These typically resolve in 24-72 hours.
  - Avoid
    - Washing face until the next morning
    - Makeup or products until 24 hours post
    - Exercise, pools, oceans, saunas, or heat exposure for 24 hours
    - Sun for 24 hours
- Day 1:
  - May resume basic skincare including: Gentle cleanser, moisturizer, SPF
  - May apply light makeup.
- Days 3-7:
  - Resume active skincare (retinoids, acids, scrubs) once skin barrier recovers.