



MOSAIC
LUXURY MEDICAL SPA

Pre-Procedure Instructions for Aesthetic Services

To ensure the best results and a smooth experience, please review and follow the guidelines below before your scheduled treatment:

1. **Sun Exposure:** Avoid direct sun exposure and tanning beds for at least 2 weeks prior to your procedure.
2. **Skincare Products:** Discontinue the use of retinoids, exfoliating acids (e.g., salicylic, glycolic), acne treatments, hydroquinone, and exfoliating scrubs 3-5 days before your treatment.
3. **Daily Sunscreen:** Apply a broad-spectrum SPF 30+ daily, especially one with zinc oxide as an active ingredient, to protect your skin.
4. **Sunless Tanning:** Avoid spray tans, tanning lotions, or self-tanning drops for 2-4 weeks before your procedure.
5. **Medications & Supplements:** Certain medications or supplements may increase the risk of bruising or skin sensitivity (especially for treatments like BBL). Please consult your provider if you have concerns.
6. **Sun-Sensitizing Medications:** Discontinue any sun-sensitizing medications (for treatments like BBL) prior to your procedure.
7. **Blood Thinners:** If you're undergoing laser or microneedling treatments, avoid blood-thinning medications for at least 3 days beforehand.
8. **Health Updates:** Please inform us of any recent changes to your health, medications, or allergies before your treatment.
9. **Herpes or Cold Sores:** If you have a history of cold sores or herpes simplex, you may need an antiviral prescription prior to your treatment.
10. **Clean Skin:** Arrive with a clean face—no makeup, lotions, or creams on the treatment area. This helps ensure the best possible outcome and reduces treatment time.
11. **Hair Dye & Root Spray:** If the face is being treated, avoid any hair dye or root spray residue, as this can interfere with treatments like BBL and may cause skin irritation.
12. **Punctuality:** Please arrive on time for your appointment. If you're late, we will do our best to accommodate you, but we may need to end the appointment on time to respect the next patient's schedule.
13. **New Patients:** If this is your first visit, please arrive 15 minutes early to complete any necessary forms. Existing patients may need to complete new consent forms or paperwork for first-time treatments.
14. **Treatment Planning:** Depending on your skin type and treatment, you may require pre-treatment planning. Your provider will discuss this with you during your consultation.
15. **Allergies:** Notify your provider in advance of any allergies that may affect your treatment.
16. **Treatment Options:** We offer both no-downtime treatments and more advanced procedures, depending on your needs and desired results. Some treatments may require multiple sessions to achieve optimal results.
17. **Cancellation Policy:** Please note that no-shows or same-day cancellations will incur a cancellation fee.