

AVATAR LIFTING THERAPY (ALT) PRE and POST CARE

Experience the results you are looking for with the only cosmetic treatment that uses plasma to eliminate excess skin and provides results that keep improving for 6 months after your AVATAR LIFTING-THERAPY.

INDICATIONS:

The ALT procedure will significantly improve all of the following conditions:

- Skin Regeneration - Sagging Jaw-line
- Eyelid Lift/Hooded Eyes
- Sagging Neck/Neck Lines
- Under Eye Bags/Dark Circles
- Stretch Marks - Crow's Feet
- Scars/Acne Scars
- Forehead/Frown Lines
- Body Skin Tightening (knees, hands, tummy, elbows)
- Lips-Smoker's Lines/Flip-Fullness
- Tattoo Lift
- Smile Lines/Folds
- Permanent Makeup Lift
- Marionette Lines/Folds
- Sun Damage
- Melasma (brown patches on face)
- Supports Active Acne
- Skin Imperfections-(skin tags, moles (flat or raised), age spots, warts).

Your overall health prior to any procedure will have a direct effect on your healing process and final result. Try to implement as many of the following items for several weeks before your planned procedure:

- Eat as nutritious a diet as possible with lots of fresh greens, vegetables and fruits.
- Try to drink 6-8 glasses of water per day.
- Try to minimize carbohydrates.
- Cook with olive oil or avocado oil; NOT Canola or other vegetable oils.
- Limit sugar consumption.
- Stop smoking.
- Take a good multi-vitamin. (I like Xtend Life brand but you choose what is best for you).
- Begin taking at least 2000mg Liposomal Vitamin C. (I like Dr. Mercola's product but choose what is best for you.)
- Exercise your body and mind daily.
- Breathe deeply throughout your day.
- Remind yourself throughout your day what a beautiful person you are already!
- The ALT will only enhance how beautiful you already are!

ADDITIONAL NOTES:

- DO NOT DRINK ALCOHOL 48 hours BEFORE, DURING, and 5 days AFTER PROCEDURE. Alcohol interferes and slows the healing process!
- Lots of Vit C in your system will improve the results of any beauty procedure.
- After your procedure, your skin will become inflamed.
- The inflammatory process is NEEDED and responsible for your skin rejuvenation.
- Do not take anti-inflammatory medication like Ibuprofen.
- Take Tylenol as needed for discomfort. *Following your treatment, follow these simple steps:*

Day of procedure:

- No lotions, makeup, or other topical products on your face before the treatment.
- You will be coming to my home office barefaced!
- After the Avatar Lifting Therapy, we will cool the area and apply a moisturizer.
- Keep in mind some individuals will have an intensive itch couple after the procedure this reaction can easily be controlled by taking an over the counter anti-histamine (Benadryl) or topical hydrocortisone.

Day 1:

- The first day after the procedure, you will clean your face with a gentle liquid soap.
- Add 5-10 drops of the soap in a bowl of water and gently wash the area with cotton pads.
- OR, apply large cotton pads of DISTILLED water as a compress for 20 minutes and gently remove any buildup of dead skin.
- Rinse with distilled water or bottle water.,
- Gently dry the skin. Apply a very tiny amount of Aquaphor (or similar) just to protect the skin and keep it moisture.

Do the above routine 3 times a day.

Do not use any other products on your skin such as sunscreen or lotions.

- ***Day 2:*** Do the same as day 1. **No sunscreen**
- ***Day 3:*** Do the same as day 1 **No sunscreen**
- ***Day 4:*** Take a long shower. The dead skin will fall off very easy if you stay under the water for awhile, and gently rub the skin. You will notice that much of the dry skin will start coming off.
- Gently dry the skin and apply a dab of Aquaphor
- ***Day 5:*** during this period you will experience redness in the areas treated. Once all the dark dead skin is gone, you will need as much skin nutrition as possible to heal and prevent pigmentation. (ask the professional.)
- Apply Jungle Peeling Isa Skin Care once a week.
- **You can finally apply sunscreen.**
- ***Day 6:*** You will begin to see your skin start shedding. These are dead skin layers that would regularly shed a week later, but the AVATAR LIFTING THERAPY brings this skin to the surface sooner.

- **Days 7+:** A week after the procedure, most patients notice that their skin is smoother, TIGHTER, and more radiant. Results vary, but usually a course of 1-3 treatments (maximum of 5, depending on the condition of the skin being treated) is typically recommended. Of course, results may vary from patient to patient. Keep in mind that the healthier your body is, the better the results from AVATAR LIFTING THERAY will be.

Your body's function and overall health are reflected in your skin. Like all surgical and cosmetic procedures, the effects of ALT are not entirely permanent as it does not stop any further aging. The positive effects of the treatment, however, will be noticeable immediately after the first treatment, and will continue to improve over the following weeks and should last for many years. Additionally, abstaining from negative lifestyle factors such as smoking, alcohol consumption and prolonged sun exposure can help to maintain your results as well.

Stay away from exfoliants or other products containing acids for at least 3 weeks after the procedure as they can dry the skin and cause a reaction.

Be sure to use an approved SPF 50 or greater sunscreen!

Please print and sign below confirming you have read and understood the Pre and Post Care instructions for The Avatar Lifting Therapy.

By signing, you are also giving ISA Skin Care the right to post any before and after photos to the website.

Thank you,

Isabel Brown

Print & sign

Phone Number

Professional Signature

Date
