



TIMELESS

SKIN SOLUTIONS

Sofwave **before & after treatment instructions**

Before treatment:

If you have an active cold sore, you may want to postpone treatment. If you are prone to developing cold sores, contact our office at (614) 799-5100 and we will discuss the option of prescription prophylactic treatment.

Avoid use of Retin-A, retinol, glycolic acids, and other active skincare products for 3–5 days before treatment. Avoid Accutane for 6 months prior to treatment.

Avoid direct sun exposure or tanning beds for at least 2 weeks before treatment.

Please remove any facial hair prior to treatment.

Please inform our office if you are pregnant or nursing.

Please avoid filler treatment within 30 days and neurotoxin treatment within 48 hours of treatment.

After treatment:

Your skin may appear slightly pink or warm immediately after Sofwave®. These are normal responses and typically resolve within a few hours. A tight or tingling sensation may be felt for a few days. Rarely, mild tenderness or small, temporary bumps may appear and resolve within a few days.

You may return to normal activities immediately.

Avoid applying makeup or skincare products for at least 2–4 hours after treatment.

After 4 hours, you may resume your regular skincare routine, avoiding actives (Retin-A, acids, exfoliants) for 3–5 days. Continue using broad-spectrum SPF 30+ daily and avoid excessive sun exposure.

Please be sure to consult our office about recommendations for follow up treatments.

If you have any questions or concerns, please do not hesitate to call (614) 799-5100 or email contact@timelessskinsolutions.com. In case of emergency call 911.