



# BEFORE TREATMENT INSTRUCTIONS

## CONTACT

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### PHONE:

+44 7765 245 406

### WEBSITE:

[www.justbrowsinc.com](http://www.justbrowsinc.com)

### EMAIL:

[info@justbrowsinc.com](mailto:info@justbrowsinc.com)

## Before Treatment

### Do Not:

Drink Coffee, alcohol or energy drinks 24 hours before your treatment.

### Do Not:

Take blood thinners such as Aspirin, Niacin, Vitamin E, Ibuprofen, fish oil (Omega 3) or vitamins 48 hours before treatment.

### No:

Waxing 2-3 days before your treatment.

### Do Not:

Tan or have intense sun exposure 3 days before your treatment.

### Retinol:

If you use local retinoid products, these must not be used at least 3 days before treatment.

### Botox & Fillers:

Botox and fillers on the forehead, temple and eye area should be avoided 4 weeks before treatment and at least 2 weeks afterwards.

### Chemical Peels:

No chemical peels, laser peels or microdermabrasion or any other intense treatments 2 months before treatment.

### RoAccutane:

If you are using this, or similar, to treat acne, treatment may be performed 6 months after the completion of your RoAccutane therapy.

**Please ensure that you have completed the Consent Form FULLY at least 48 hours before your treatment. It is important that we have enough time to check with our medical department that you have no contra-indications. You should have received a link in your booking email. Your safety is our first priority.**