

# PLEXR-PLUS

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## *Pre-Treatment Instructions*

- On the day of the procedure please try to arrive with no make-up. If you wish to shower, please do so before the procedure. After the procedure we ask you to wait 24 hours to shower again.
- Remove contact lenses and wear glasses if necessary.
- Please discontinue use of active ingredients (BHA, AHA, or retinoids) 5 days before treatment. No recent sun exposure. Anti-viral is medication recommended if you suffer from cold sores, have your doctor prescribe Valtrex which is used to prevent viral outbreaks on your skin and cold sores - if you have a history of them.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!