

PLACE TO BE YOU  
**Before Care Instructions**

- Do not work out on the day of the procedure
- Do not drink too much coffee on the day of the procedure
- Do not tan (no sun) for one week prior to the procedure
- Do not take aspirin, niacin, vitamin E or ibuprofen 24 hours before procedure
- Do not drink alcohol the night prior or on the day of the procedure
- Any waxing or tinting of the brows should be done 3 days prior
- No Botox for 4 weeks prior to the procedure
- It is best to do a scrub 3 days prior to the procedure
- Stop using any Retin-A or AHA products for 2 weeks prior to the procedure
- No lasers or chemical peels for one month prior to the procedure
- No microdermabrasion or dermaplaning for 2 weeks prior

If you have any further questions, please do not hesitate to contact me.

*Cherie Scalzi*

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