



## **EVOKE Post Treatment Instructions**

There is no downtime! You can immediately return to your daily activities.

Your skin will regulate the heat in the treatment area.

We recommend no ice packs, sauna, hot tub for the next 48 hours.

After session we recommend keeping the skin well hydrated with a heavy moisturizer. (We like Aquaphor)

Drink plenty of water – we recommend half your body weight in ounces a day.

Keep treatment area out of direct sunlight for 48 hours.

Reduce alcohol intake before and after your treatment.