



TIME BETWEEN *Treatments*

RECOMMENDED WAIT TIMES



FIRST
PROCEDURE



NEXT PROCEDURE →

	THREADS*	TOXIN	TCA PEEL	MICRONEEDLE <i>Cosmetic / Medical</i>	RADIO FREQUENCY	PLASMA FIBROBLAST	SKIN BOOSTERS <i>Mesotherapy</i>	FAT DISSOLVER	PCL* <i>Liquid</i>	PLLA & CaHA <i>Liquid</i>
THREADS*	4-6 wks <i>in same area</i>	3-4 wks	4 wks	2-4 wks	4 wks	2-4 wks	1-2 wks	2-4 wks	4-6 wks	4-6 wks
TOXIN	2 wks	3-4 months <i>2 wk touch up</i>	3 days	2 wks	2 wks	2 wks	2 wks	2 wks	2 wks	2 wks
TCA PEEL	1-2 wks	1-2 wks	4-8 wks	2-4 wks	2-3 wks	8 wks	2 wks	2 wks	4-6 wks	4-6 wks
MICRONEEDLE <i>Cosmetic / Medical</i>	2-4 wks	1-2 wks	1-4 wks	4 wks	4 wks	4 wks	2-4 wks	2 wks	2-4 wks	2-4 wks
RADIO FREQUENCY	2-4 wks	2 wks	2-4 wks	2 wks	4 wks	4 wks	1 wk	2 wks	2-4 wks	2-4 wks
PLASMA FIBROBLAST	2-4 wks	2 wks	12 wks	3-4 wks	3-4 wks	12 wks	2 wks	2-4 wks	8-12 wks	8-12 wks
SKIN BOOSTERS <i>Mesotherapy</i>	2 wks	1-4 wks <i>avoid toxin areas</i>	2 wks	2 wks	2 wks	2 wks	1-4 wks <i>depends on product</i>	2 wks	4-6 wks	4 wks
FAT DISSOLVER	8-12 wks	4 wks	4 wks	2 wks	6 wks	4 wks	2 wks	4 wks	4-6 wks	4-6 wks
PCL* <i>Liquid</i>	4-6 wks	4 wks	4 wks	4 wks	4 wks	4-6 wks	4-6 wks	4-6 wks	4-6 wks	3-6 months
PLLA & CaHA <i>Liquid</i>	4-6 wks	4 wks	4 wks	4 wks	4-6 wks	4-6 wks	4-6 wks	4-6 wks	3-6 months	4-6 wks

SAME TREATMENT REPEATED

GENERAL GUIDELINES

- ✦ Always wait until redness, swelling & peeling are fully gone.
- ✦ Deeper treatments → longer wait times.
- ✦ Sensitive skin → add 2-4 extra weeks.
- ✦ Stay hydrated & use SPF between treatments.

* WARNING

PCL (liquid) and threads should be used with caution. Wrong depth, or mixing with other products too soon, can cause **long-term bruising** that can last **12-24 months**.

These are suggestions. Please do your own research and listen to your body.

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