



Forma Pre and Post Care Guide

InMode's Forma is a non-invasive skin tightening treatment that uses radiofrequency (RF) energy to stimulate collagen production and improve skin elasticity. It gently heats the deeper layers of the skin with advanced A.C.E. technology, targeting fine lines, wrinkles, and mild sagging. The treatment is painless, requires no downtime, and delivers noticeable results over a series of sessions. Suitable for all skin types, Forma is often used on areas like the face and neck for smoother, firmer skin.

We highly recommend purchasing Alastin's Procedure Enhancement Kit (\$306) as it will include everything you will need post procedure, including a cleanser, repair serum, moisturizer, and sunscreen. This will enhance your skin's healing ability as well as your results.

3 Days Prior to Treatment:

- Discontinue the use of these topical products and treatments: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical, or enzymatic exfoliation.
- Avoid alcohol and caffeine consumption 24 hours prior.
- **Sun:** Skin that is sunburned is not treatable.
- Skin that has been tanned must wait 2 weeks to be treated.
- Wear an adequate amount of sunscreen and minimize sun exposure.
- Avoid Botox, fillers, or other aesthetic procedures in the treatment area for at least 1–2 weeks before your session.

Day of Treatment:

- Arrive with cleansed, make-up free skin.
- Prepare to spend at least an hour in the office for the duration of the treatment. The amount of time may vary depending on the area(s) being treated.

What to Expect:

- Skin will feel warm and tight.
- Collagen and elastin stimulation **begins within a few days to a week**, but the noticeable effects build gradually over time.
- Results will continue to develop for months after your last treatment!

After Treatment:

- **Cleanse:** Do not cleanse the area on the same day as treatment. You may gently cleanse the area **the day after** treatment with a gentle, fragrance-free cleanser. Make sure hands are always clean before touching the area.
- **Moisturize:** Use a gentle moisturizer on the area. We recommend Alastin Skin Nectar as your post treatment solution. If excess dryness occurs, you may layer with Cetaphil moisturizer.
- **Makeup:** You may return to wearing makeup 24 hours after treatment. Make sure to use clean hands and makeup brushes.
- **Sunscreen:** Make sure to apply sunscreen 24 hours post procedure. Make sure the sunscreen is a broad spectrum, UVA and UVB sunscreen with a minimum of SPF30. We highly recommend



Alastin SilkSHIELD All Mineral SPF 30 as it is safe to use post-procedure (This is included in the Alastin Procedure Enhancement Kit). Make sure to **apply and reapply** whenever you are outside, and especially when driving in the car during the day.

- **Sun Exposure:** Avoid intentional and direct sun exposure for at least 48 hours. No tanning beds.
- **Skin Care Regimen:** Do not use for at least one week post treatment: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical exfoliation, or enzymatic exfoliation.
- **Working Out:** No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, filled with bacteria, and may cause adverse reactions.

If you experience swelling:

- It is recommended to avoid the use of ice packs, or medications to lessen swelling. Swelling is a normal side effect that is necessary to achieving optimal results.
- Swelling around thin-skinned areas such as the eyes is normal. Keep head elevated to minimize swelling.
- Stay hydrated.
- If swelling appears to be abnormal or continues longer than 7 days, please contact us.

How to keep and extend your results: Results can last for 12-18 months if you take proper care!

- **Sunscreen:** Sunscreen is the best anti-aging measure that can be taken to help maintain and prevent future signs of premature aging.
- **Retinol:** Remember to always wear sunscreen, especially after incorporating a retinol into your routine as it makes you more sun sensitive.

Treatment Timeline and Expectations

- **Best results:** A series of treatments (usually 6–8, spaced weekly) gives the most dramatic and lasting results.
- **Initial boost:** The heat from the radiofrequency starts stimulating fibroblasts (collagen-producing cells) right away, but visible results aren't instant.
- **Visible changes:** Most people start to see improvements in skin texture and tightness around 3–4 weeks post-treatment.
- **Ongoing improvement:** Collagen and elastin continue to rebuild for up to **3 months** after your last session.

Filler and Botox:

- Please wait 4 weeks after Filler injections and 2 weeks after Botox injections before treatment.

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