

Pre-Treatment Advice

1. The area to be treated should be free from make-up, perfume, deodorant and body or face creams
2. There should be **NO** active tan or fake tan in the area being treated, Use of sunbeds or prolonged exposure to sunlight is not allowed in the month prior to treatment and an SPF 30 must be used in the area between treatments.
Suntans must be left to fade completely before treatment can start. Fake tans and gradual tans must also be fully faded before treatment can commence.
3. We reserve the right to charge for any appointment booked but abandoned due to the active sun-tan or fake tan.
4. A medical history is taken at consultation, but we rely on you to inform us of any changes to this. We need to know any medication you are taking including those bought from a chemist or herbalist.
5. Make sure that you arrive with in good time for your appointment; this will allow us to pre-cool the skin if this should be required.

Post-Treatment Advice

1. Following treatment, the area will appear very red and may be swollen. It will feel hot and tender for several hours following treatment. The redness (similar to sunburn) and welling may last a few days but can be minimized with the application of cold compress. Facial swelling can be reduced by sleeping with head raised on pillows.
2. In order to minimise skin heating and to reduce the likelihood of skin reactions, the treatment area will be cooled after the procedure. Once you get home, you may like to apply a cold compress / wet flannels etc. If applying an ice pack at home, always put ice inside a clean plastic bag and wrap in a soft cloth. Do not allow ice packs or ice to come into direct contact with the skin.
3. While redness remains on the skin after treatment, do not indulge in heavy drinking and refrain from going to Saunas, steam rooms and heavy exercise. Those activities may increase redness to your skin.
4. The skin will feel quite tight following treatment and we recommend using our Light Sooth Serum or a very gentle moisturiser for a day or two following treatments to help relieve this. Test for sensitivity on a small area of skin before applying to the whole face.
5. Starting on day 2-3 the skin will appear flaky and have a bronzed appearance as the epidermal debris comes to the surface; this generally lasts for about 5 days. This is a positive sign and indicates that the skin is regenerating. If required 4-5 days after your treatment, you can use a very light gentle exfoliator to help remove the dry/flaky skin (providing the erythema has reduced and skin sensitivity has returned back to normal).
6. Keeping the skin well moisturised at this point will also help reduce the risk of tightness.
7. Avoid cosmetics for approximately 48hrs after treatment. Mineral make-up can be applied after this time, however when removing, use a very gentle cleanser and a lot of water and try to avoid vigorously rubbing the skin, as this *may* cause irritation. If the skin at the treatment area becomes broken, then make-up should be avoided until the area is completely healed.
8. Avoid hot baths / showers for 24hrs.
9. DO NOT pick any of the flaky skin or crushing that may form
10. The skin will usually return to normal by day 7 to 10, although some flakiness may remain for up to 14 days.
11. Use a sunscreen (SPF 30+I and protect the area from sunlight as much as possible between treatments and for at least one month after treatment ends. Failure to do this can lead to sunburn and hyper-pigmentation of the treated area. (Most cases of changes in pigmentation occur when the treated area has been exposed to sunlight or in people with darker skin types).
12. If blistering occurs contact the clinic immediately for further advice. Keep the area clean and dry and allow to heal naturally. DO NOT use any lotions or creams on open skin as this *may* increase the risk of infection. DO NOT pick grazes or blisters —as this *may* increase the chance of a scar occurring. Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.