



Thesera.L Aftercare

After receiving your Thesera.L lifting treatment

The initial -72 hours post treatment are the most critical in letting the product settle and work within the skin prolonging your results and giving glowing skin.

- Avoid using exfoliating products or retinol products
- Do not touch your face after treatment
- Do not wash your face or apply any products
- The skin may feel tingly or sensitive allow time for this to subside
- Redness on the skin will subside allow to settle
- Hydrate your body and skin by drinking plenty of water and applying a hydrating product which is soothing such as a hyaluronic based product
- When outside in the sun even on a cloudy day ensure to use a sun protection product preferably for the face but any sunscreen will be better than none
- Avoid extreme heat or cold conditions for 24 hours this includes exercising, hot tubs, spas, swimming pools, gardening, cooking over a hot stove, sitting next to a fireplace
- Avoid touching the skin for at least 24 hours post treatment and do not pick or scratch the skin
- Discontinue use of any AHA products for 72 hours, or 6 weeks if doing a treatment cycle
- Have a realistic expectation of the results
- Avoid home care products such as bleach as the vapours can cause skin irritation
- If you need advice or support contact us on **07534 363 352**.

Name of Therapist:

Date: