

## Post-Treatment Care

### Treatment Area Care

- Keep the treated area clean and dry.
- Avoid touching or scratching the area to minimise the risk of infection.

### Application of Products

- If recommended by your healthcare provider, apply any prescribed creams or ointments to aid healing.

### Physical Activity

- Avoid strenuous activities and exercise for 48-72 hours post-treatment, or as advised by your healthcare provider.

### Heat and Sun Exposure

- Stay away from direct sunlight, hot baths, saunas, and steam rooms for at least 48-72 hours.
- Use SPF 30 or higher when going outdoors.

### Clothing

- Wear loose, comfortable clothing to minimize irritation to the treated area.

### Side Effects Monitoring

- Be mindful of potential side effects such as swelling, redness, or bruising.
- If you experience severe or prolonged side effects, consult your healthcare provider immediately.

### Lifestyle and Dietary Guidelines

- Stay hydrated and maintain a balanced diet to aid the healing process.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.