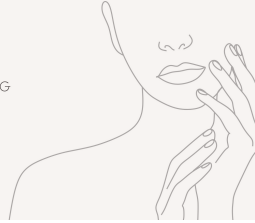


SKINCARE BY MEENA

EST 2022

ADVANCED FACIALS | SKIN | WELLBEING



Dermaplane Pre & Post Treatment Information

Contraindications - if you have any of the below then this treatment is not suitable for you, please contact me to discuss alternative treatment options.

- Uncontrolled diabetes.
- Cancer - currently undergoing treatment.
- Roaccutane used within last 6 months.
- Blood thinners (anticoagulants) including aspirin.
- Pustular acne and cystic acne.
- Retinol A use within last 5-7 days.
- Chemical peel within last 14 days.
- Active Cold sores (herpes simplex).
- Moles and skin tags (would avoid these areas).
- Sun burnt skin.
- Burns.
- Vascular lesions.
- Pustule rosacea.
- Scleroderma - hardening of the skin.
- Under the age of 18.
- Injectables used such as Botox or fillers 1 week before and up to two weeks after.
- Ideally need to leave 2 weeks either side of this treatment before having injectables.

Pre Treatment Requirements

- Stop use of all Retinoids and Acids (BHA, PHA, AHA etc) for at least 7 days prior to treatment.
- Do not expose your skin to direct sunlight with a high UV index at least 72 hours prior to your treatment. However if this is unavoidable please avoid tanning/burning your skin and ensure you have been wearing SPF50 whilst in the sun or wear a hat.
- On the day of your appointment please wear a loose fitting top or vest, preferably that has a low neck line to allow access to your neck. The room & bed is heated so you will be at a comfortable temperature.

- Make sure you have eaten & drank plenty of water prior to the treatment.
- Please wait at least 2 weeks after having anti-wrinkle injections or filler to then have this treatment.

Aftercare

- Keep your skin clean & sweat free for at least 48 hours, this means avoiding the gym, saunas, steam rooms etc.
- Wash your skin as normal before bed but do not use any retinoids or acids for at least 72 hours after treatment.
- Keep your skin hydrated using a hyaluronic acid, facial mist, hydrating moisturiser and by drinking plenty of water. Find product recommendations below.
- Sleep on a clean pillowcase and ensure you are regularly changing your pillowcase.
- The treated area of skin may feel slightly tender and appear red and swollen afterwards. You may occasionally experience skin peeling and appearances may be similar to mild sunburn. These effects will resolve naturally and should be much improved after 48 hours but may take longer to settle. You may experience some minor bruising which may take 1-2 weeks to resolve in some cases.
- Use a mild cleanser with tepid water to clean your face for 3 days after the treatment and gently dry the treated area. Keep your hands clean when touching your face.
- Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after treatment.
- Avoid any makeup for 24 hours after treatment as this can increase the risk of infection.
- Avoid rubbing or picking the treated area.
- Avoid any skin exfoliation for 72 hours following treatment.
- It is important to use a regular moisturising cream around two to three times a day on the treated area. Use more regularly if you feel the skin dry or peeling.
- Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for at least 7 days after treatment.
- Avoid swimming for 72 hours after treatment.
- Avoid any excess alcohol or caffeine for 48 hours after treatment.
- Wear SPF50 or greater sunscreen for at least 2 weeks following treatment as your skin will be more sensitive to sunlight afterwards.
- Avoid any further cosmetic treatments e.g. Botox or dermal filler for 2 weeks following treatment, or ask your practitioner for advice.
- Avoid any hair removal treatments such as waxing for 2 weeks after treatment or until the initial redness and swelling has resolved.
- You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must contact your practitioner as soon as possible if you notice any other unwanted side effects.
- Your practitioner will advise when further treatment appointments are required. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

Product recommendations

- La Roche-Posay Cicaplast Soothing Face and Body Balm B5 - great for intense hydration at night or for use at home.
- Avène Thermal Spring Water Spray for Sensitive Skin - can be used throughout the day to keep your skin hydrated.
- Skinbetter Science - Alto Advanced & Trio Rebalancing Moisturising Treatment
- Heliocare SPF