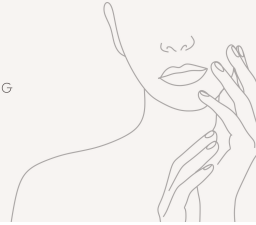


# SKINCARE BY MEENA

EST 2022

ADVANCED FACIALS | SKIN | WELLBEING



## Light Therapy 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.

- LED therapy is clinically proven to be safe, and has achieved “no significant risk status” for human trials by the FDA.
- Contraindications for using Low Level Light Therapy are few and most clients can safely enjoy the benefits.
- For certain contraindications, written consent from a physician will allow you to perform a treatment. The following contraindications should be noted:
- Do not perform LED therapy over the breast or stomach of breast feeding or pregnant patient (unless the client has written consent from her physician).
- Do not perform LED therapy on someone with epilepsy or a seizure disorder
- Do not perform LED therapy if client is “photo-sensitive” Some disorders and medications can cause photosensitivity (unless you
- have consent from the client’s physician)
- Do not perform LED therapy over known cancer tumor or metastasis.
- Do not perform LED therapy if client is on steroidal medications.
- Do not perform light therapy on infants or children.

## Pre Treatment Requirements

- 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 a comfortable temperature.
- Make sure you have eaten & drank plenty of water prior to the treatment.

## Aftercare

Aftercare for Light Therapy is fairly simple and you can often go back to your normal skin routine straight afterwards. However if your Light Therapy has been combined with any other modality then please follow the aftercare given with your other treatment.

- Cleanse your skin twice a day with warm water. Use a gentle moisturiser regularly on your skin.
- Avoid any excess sun exposure or sunbeds for 48 hours after treatment, use an SPF 50 sunscreen.
- Avoid any hair removal procedures such as waxing for 2 weeks.
- Contact your practitioner as soon as possible if you experience any unwanted side effects or if you are concerned about healing. Your practitioner will advise you when follow up appointments are needed.
- 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.