

AVOID the following prior to the treatment:



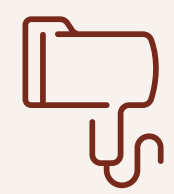
TANNING/FAKE TAN/SUNBATHING:
2-4 weeks



RETINOIDS, EXFOLIANTS, AHA/BHAS OR VITAMIN C
5-7 days



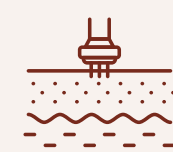
CHEMICAL PEEL
Seek advice from provider



HAIR REMOVAL IN THE AREA
Avoid hair removal in the area, including waxing, tweezing, threading or use of creams/bleach: 1-2 weeks



LASER/IPLHAIR REMOVAL
3-6 weeks (dependant on laser type)



MICRONEEDLING
2-4 weeks

• CERTAIN MEDICATIONS:

Inform your provider about all medications. For example: Photosensitising drugs (e.g. doxycycline, minocycline). Blood thinners (e.g. aspirin, ibuprofen, fish oil, Vitamin E) .

• 24 HOURS BEFORE:

Do not apply any makeup, perfumes, lotions, oils, or heavy creams on the treatment area. Drink plenty of water in the days leading up to your treatment. Reduce or avoid alcohol and excessive caffeine as they can dehydrate the skin

• AFTERCARE

1.Keep hydrated – drink plenty of water and gentle hydrating moisturiser	2.Avoid touching – don’t pick or scratch if any redness or swelling occurs
3.Redness or mild swelling is normal for 24-48hrs	4.Apply SPF30+ everyday and avoid direct sunlight
5.No active skincare, retinols, acids or exfoliants for 5-7 days	6.No hot showers/baths, saunas or intense exercise for 24-48hrs
7.Ideally avoid makeup for 12-24hrs	8.Avoid Microdermabrasion/Laser/Chemical Peels/Waxing/Microneedling for 7 days

