



POST TREATMENT AFTERCARE INSTRUCTIONS In order to achieve the best results from your professional treatment we ask that you read and understand the following instructions.

Your recovery time will be influenced by the type of treatment you have received and your individual skin's response. Your Skin Specialist will have discussed with you the individual time frame you should expect for recovery in addition to your personalised post treatment home care.

I agree to stop, discontinue or not have any of the following treatments:

FOR 24 HOURS POST TREATMENT:

- Exercise (avoid getting overheated)
- Bathing or Showering
- Application of physical sun protection

FOR 72 HOURS POST TREATMENT:

- Application of chemical sun protection **FOR 5 – 10 DAYS POST TREATMENT:**
- Exfoliating products (scrubs, AHA's, BHA's, Vitamin A)
- Products not recommended by my Skin Specialist
- Home Needling
- Anti-wrinkle injections
- Prescription topical Retin A
- Sun exposure to area treated

FOR 2 WEEKS POST TREATMENT:

- Waxing, bleaching or hair dying any areas to be treated
- Depilatory use in any treated area
- Electrolysis on any treatment area
- IPL/Laser Hair removal treatments
- IPL/Laser Skin Rejuvenation (Only prior to very superficial peels)
- Facial Treatments of any kind including any AHA, BHA, Vitamin A or TCA treatments
- Microdermabrasion / Epidermal Levelling
- Dermal Fillers

FOR 4 WEEKS POST TREATMENT:

- IPL/Laser Skin Rejuvenation (Only prior to Superficial to Medium Depth peels)
- AHA, BHA, Vitamin A or TCA Superficial to Deep Peels
- Needling (Standard In clinic or Medical)
- Fractional Ablative Laser Resurfacing / Full Ablative Laser Resurfacing
- Facelift Surgery

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I, _____ also agree to:

- NOT PICK AT THE SKIN – this can increase the risk of infection, pigment changes and scarring
- Increase water intake to include “at least” 8 glasses
- Wear Sun Protection and reapply every 2 hours (as per AST post treatment application guidelines)
- Protect the treatment area with protective clothing such as hat, sunglasses and long sleeves when outdoors
- Not use wash cloths, or any other type of cloth on the treated area, instead, apply cleanser to clean hands and foam for application
- Contact the clinic with any further questions or concerns
- Adhere to the following aftercare instructions for the next 3-7 days (or for the period recommended by my skin specialist):

AM
CLEANSER
MOISTURISER / ENVIRONMENTAL PROTECTION

PM
CLEANSER
SERUM/S SERUM/S MOISTURISER / ENVIRONMENTAL PROTECTION
MOISTURISER / ENVIRONMENTAL PROTECTION

ADDITIONAL HOME CARE

I understand and agree to comply with the above instructions.

CLIENT / PATIENT SIGNATURE: _____ DATE:
_____/_____/_____ TREATNIG SKIN SPECIALIST:
