

THE R A B E A U T I C

BEAUTY & AESTHETICS CLINIC

Laser Treatment Advice and Aftercare

- Keep the skin cool
- Apply after laser soothing product - like Aloe Vera - For up to a week if necessary
- Avoid excessive heat in the skin for up to 24-48 hours after treatment (sauna, exercise, steam, hot showers)
- Don't expose the treated area to sun (this includes sunbeds and self tanning products) between appointments
- Use SPF50+ and protective clothing when in the sun
- Don't pick or scratch treated areas
- Avoid injury to the treated areas
- Apply cold compress if treated area seems hot and red
- The treated areas may remain red and/or raised and itchy for a few days (up to a week) after treatment - this is normal
- Shave in between appointments. Avoid waxing, threading or plucking the treated areas and avoid strong hair removal creams
- Stay hydrated after your laser appointments
- Avoid swimming in strong chlorinated water for 24-48 hours after your treatment
- Avoid taking Ibuprofen and Aspirin before each appointment as this may cause bruising
- Exfoliate treated areas to avoid ingrown hairs and itchiness - starting 3-4 days after treatment

If you have any concerns or question after or between your laser treatments, please don't hesitate to get in contact with your laser technician

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