



### 1 month prior

No prolonged sun exposure or fake tan. Use SPF 30 or 50



### 2 weeks prior

No topical steroids, glycolic products and other strong cosmetic products



### 7 Days Prior

No waxing, plucking or hair removal Cream



### Treatment Day

Ensure skin is free of makeup, perfume and creams



### Please inform us

Of any medication being taken in the run-up to your appointment



Apply cool packs or a cold flannel to the skin if required. Do not apply ice packs or ice directly to the skin



Do not apply any lotions or creams to broken skin, keep this clean and dry until fully healed



Sleep with head raised on an extra pillow if swelling occurs post treatment. Anti-histamines can also be taken to help with swelling



Do not exfoliate away any microcrusts left from pigmentation. Allow this to naturally flake off



Makeup can be applied several hours later, provided clean utensils are used and the skin is not sore or broken



Wash and bathe as normal, except with cooler temperature water. No exfoliating and pat dry instead of rub



Avoid strenuous activities, sauna and steam, excessively hot baths and showers.



## What to expect during treatment

- Bright light may still be seen during the treatment, even with blackout goggles on. This is completely normal and safe.
- A warm and tingling sensation from both our tri fruit acid peel as well as the laser itself.
- Multiple treatments are usually required (we typically advise a course of 6)
- Collagen structure changes are not immediate, so please be patient with your results as these can take a few weeks to become noticeable.

## What to expect post-treatment

### Normal vs Abnormal reactions

- Swelling and bruising can occasionally occur and is usually most prominent for the first 1-2 days post-treatment.
- Vascular treatments can cause bruising, which may last up to 15 days post-treatment and turn into a brown discolouration to the skin. This will fade over the next 1-3 months. Larger vessels can result in a darker colour, which again will fade once your body starts to re-absorb the damaged vessels.
- Pigmentation lesions that have been treated may form a micro crust which will naturally flake away.