



Post Treatment Care Instructions

Your recovery time will be dependant on the treatment you have had, the skin condition you are treating and your personal healing time. To Ensure your best possible recovery please follow these instructions to the Tee.

X No direct sunlight for 5-10 days. Sunscreen is mandatory and needs to be reapplied every 2 hours if in the sun.

X No waxing, hair removal, henna, tinting, tattooing on the area for a minimum of 14days.

X No peels, IPL, laser, microdermabrasion or facial treatments unless otherwise discussed for 14 days.

X For the next 24-48 hours no exercise, heated yoga, saunas, spas and generally getting overheated. Also avoid swimming in both chlorinated or salt water.

X Do not pick, scratch or peel the skin—Fingers OFF!

X No exfoliating products, AHAs, Vitamin A products, Retin A, scrubs or enzymes 3-5 days post treatment.

X Do not use harsh or scratchy washcloths, simply cleanse with a mild cleanser and pat your face dry, do not rub.

✓ Use Medisoothe and a mild moisturiser like Sorbolene for 48 hours before returning to your normal skin routine. If you experience any discomfort when you return to your usual routine, wait another 2 days and try again.

✓ If you have a leave on peel, wait 5 hours before washing it off.

If you have any concerns

please call or message 0410 572 208 us straight away so we can talk you through the process.

LED can be used to speed up or assist healing as well as enhance our treatment outcome.