

AUSTRALIAN ACADEMY

BEAUTY - DERMAL - LASER

PRE / POST CARE – MICRODERMABRASION / HYDRODERMABRASION

Therapist:

Client:

RECOMMENDED AFTERCARE PRODUCTS

Post Cooling: ☐ Aloe Vera ☐ Serenity Mask
Sunscreen: ☐ Urban Spa SPF 50+
Exfoliant: ☐ Gentle Exfoliant
Cleanser / Moisturiser: ☐ Serenity Cleanser ☐ Serenity Moisturiser
☐ Harmony Cleanser ☐ Harmony Moisturiser
Other:

RECOMMENDED TREATMENT PLAN

☐ Every 2 weeks

☐ Every 4 weeks

☐ Every 6 weeks

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Your next appointment is on:

PRE-TREATMENT CARE

- Avoid the use of AHA or BHA on the treatment area 1 week prior
- Avoid the use of topical Vitamin A / Retinol on treatment area 1 week prior
- Confirm I have not been on Roaccutane in the last 6 months
- Avoid acne creams on treatment area 4 weeks prior
- Advise my therapist of any changes to medical history
- Advise my therapist of any changes to or new medications
- Avoid Botox / Filler or any other injectable treatment 2 weeks prior

POST TREATMENT CARE

- Avoid hot showers for 24 hours
- Avoid excessive exercise / gym for 24 hours
- Avoid activity that raises body temperature for 24 hours
- Avoid heat treatments / saunas / baths for 24 hours
- Apply recommended home care products as instructed from my therapist
- Avoid sun exposure to treatment area 2 weeks after treatment
- Apply SPF30+ to treatment area
- Avoid topical tanning products for 2 weeks
- Avoid swimming pools / chlorine environments for 3 days
- Do not pick or rub the skin
- Avoid exfoliating treatment area for 7 days
- Advise my therapist of any medical changes
- Return for next visit according to my treatment plan for optimum results
- Contact a doctor and the Australian Academy of Beauty Dermal and Laser immediately should an adverse reaction occur.

For the best treatment outcome please ensure to follow pre and post care as well as having treatment at a scheduled time. Provide your therapist with an accurate and up to date medical history in order to receive safe and effective treatments. Please ensure you contact your therapist and a Doctor immediately should you suspect an adverse reaction has occurred. DO NOT apply any product to skin for 1 week post treatment unless recommended by your therapist.