

PRE / POST CARE LED



RECOMMENDED TREATMENT PLAN

- 1-3 times a week Every 4 weeks Every 6 weeks
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Your next appointment is on:

ADDITIONAL TREATMENT RECOMMENDATIONS

- Intensive Facial Treatment IPL/Laser skin rejuvenation
 Skin Needling Hydro/Micro-Dermabrasion
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PRE-TREATMENT CARE

- NOTE: All use of active skincare ingredients must stop 7 days before your LED treatment
 - Avoid use of Accutane (isotretinoin) 6 months prior to treatment
 - Avoid use of Cosmeceutical Retinol/ Vitamin A, AHA's and BHA's for 1 week prior to treatment
 - Avoid use of Prescribed Retinol/ Vitamin A for 2 weeks prior to treatment
 - Avoid use of acne creams on the treatment area 4 weeks prior to treatment
 - Avoid unprotected sun exposure for 2 weeks prior to treatment
 - Avoid artificial tanning agents and spray tanning for 2 weeks prior to treatment
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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
 - Avoid the use of cosmeceutical Retinol/ Vitamin A, AHA or BHA on the treatment area 1 week after treatment
 - Avoid the use of prescribed Retinol/ Vitamin A on the treatment area 2 weeks after treatment
 - Avoid the use of acne creams on the treatment area 1 week after treatment
 - Avoid unprotected sun exposure for 2 weeks after treatment
 - Avoid sun exposure for 48 hours after treatment
 - Avoid IPL/ laser treatments (in the treatment area) for 24hrs
 - Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least 24hrs
 - Avoid cosmeceutical peels, skin needling and Laser/ IPL skin resurfacing treatments for 24hrs
 - Avoid all exfoliating the treatment area for 7 days after treatment
 - Do not pick or rub the skin
 - Ensure you apply recommended home care products as instructed from your therapist
 - Ensure you apply SPF50+ to the treatment area 24 hours after the treatment
 - Ensure you advise your therapist of any medical changes
 - Ensure you return for next visit according to my treatment plan for optimum results
 - Ensure you contact a doctor and the Australian Academy of Beauty Dermal and Laser immediately should an adverse reaction occur.
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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.



RECOMMENDED AFTERCARE PRODUCTS

- Age Defence Sunscreen SPF 50+
- Aloe Vera Calming Gel
- Vitality Cleanser
- Eye and Lip Cleanser
- Gentle Exfoliant
- Vitality Age Defence Cream
- Vitality Eye Cream
- Age Defence Serum
- Vitality Age Defence Mask
- Infinity Skin Renewal (Glycolic Cream)
- Glycolic Serum
- Anti Oxidant
- H Serum (Hyaluronic Acid)
- Harmony Cleansing Milk
- Harmony Moisture Protective
- Harmony Rose Mask
- Serenity Cleansing Milk
- Serenity Moisture Protective
- Serenity Calming Mask
- Clarity Cleansing Milk
- Clarity Moisture Protective
- Blemish Cream
- Blackhead Treatment