

PRE / POST CARE LASER AND IPL HAIR REDUCTION



RECOMMENDED TREATMENT PLAN

☐ Every 4 weeks

☐ Every 6 weeks

.....
.....
Your next appointment is on:

PRE-TREATMENT CARE

- Avoid use of Accutane (isotretinoin) 6 months prior to treatment
- Avoid use of Retin A, AHA's and BHA's for 1 week 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 sun exposure for 24 hours prior to treatment
- Avoid artificial tanning agents and spray tanning for 2 weeks prior to treatment
- Avoid IPL/ laser treatments (in the treatment area) for 2 weeks prior to treatment
- Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least one week prior to treatment
- Avoid Botox or fillers for 2 weeks prior to treatment
- Avoid cosmeceutical peels and Laser/ IPL skin resurfacing treatments for 2 weeks prior to treatment
- Avoid normal facial treatments (in the treatment area) for 1 week prior to treatment
- Avoid Microdermabrasion treatments (in the treatment area) for 2 weeks prior to treatment.

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 Retin A, AHA or BHA on the treatment area 1 week 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 24 hours after treatment
- Avoid artificial tanning agents and spray tanning for 2 weeks after treatment
- Avoid IPL/ laser treatments (in the treatment area) for 2 weeks after treatment
- Avoid heavy moisturisers and deodorant for 24 hours after treatment
- Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least one week after treatment
- Avoid Botox or fillers for 2 weeks after treatment
- Avoid cosmeceutical peels and Laser/ IPL skin resurfacing treatments for 2 weeks after treatment
- Avoid normal facial treatments (in the treatment area) for 1 week after treatment
- Avoid Microdermabrasion treatments (in the treatment area) for 2 weeks after treatment
- Avoid swimming pools/chlorine environments for 3 days after treatment
- Avoid exfoliating treatment area for 7 days after treatment
- Do not pick or rub the skin

POST TREATMENT CARE CONT.

- 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 my 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.



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