

POST-APPOINTMENT INFORMATION LASER

To ensure you get the very best results following your treatment, we recommend following the guidance below in the days after your appointment.

- Mild redness and warmth in the skin is completely normal following treatment. You may apply aloe vera to help soothe and cool the area if needed.
- Please avoid all forms of heat for 24–48 hours following your treatment. This includes hot baths or showers, saunas, steam rooms, and high-intensity exercise.
- Avoid active skincare ingredients (including acids and retinol) for 5–7 days post-treatment. During this time, we recommend using a gentle cleanser, moisturiser, and SPF 50+ only.
- SPF 50+ with UVA/UVB protection is essential when undergoing laser treatments. Please ensure you are using a suitable SPF daily and are able to show your therapist at your appointment. If not, you may be required to purchase an appropriate product from the clinic.
- If you experience any of the following, please contact the clinic as soon as possible:
 - Burning sensation
 - Excessive swelling
 - Signs of infection