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**Diode Laser Hair Removal After Care Advice**

* It is rare to have any negative reaction, however if you do feel sore you may take over-the-counter pain or anti-inflammatory medication. Hydrocortisone (steroid) cream may decrease any itching or skin irritation. Antibiotic ointment (such as Neosporin) may be used if the skin is broken to prevent infection.
* Avoid sun exposure and tanning creams during the entire course of treatments. Use SPF 30 or greater on the treatment area at all times.
* The treatment area may be left open and uncovered. Do not scrub the area. Do not use any products on the treated area without first consulting your Aesthetic Therapist.
* Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools or baths, but showers are allowed if warm- not hot- water is used.
* Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.
* Keep areas well moisturised, keep yourself hydrated.
* Refrain from alcohol for 3 to 7 days as alcohol may dilate blood vessels in the treatment area.
* It is best to avoid smoking for a period of several weeks before and after your procedure, as smoking constricts the capillaries and taxes the immune system thereby slowing healing and results.
* Avoid eating excess amounts of photosensitivity inducing foods (celery, leek etc).
* Plucking residual hair is acceptable WITHIN 3 DAYS after hair removal treatment (but not before or any other time!).
* Make up can be applied after 2 hours.
* Avoid irritants such as Retin-A, Retinol, Renova, glycolics, bleaching creams and exfoliants for one week.
* On occasion, client experience blistering that causes crusting. This usually does not occur until the following day. If it does occur, the patient can apply warm compresses and a topical antiseptic ointment. This occurrence should be relayed to your Aesthetic Practitioner as future treatments will require that the settings be adjusted.
* Side effects are very rare.

Should you experience any or are concerned in any way please contact us on 01522 394618

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**Aftercare for Waxing**

**Please avoid the following for 24-48 hours**

* Hot baths or showers, warm ones are ok.
* Touching the area as the pores are open, this reduces the risk of infection.
* Tight clothing around the area treated, as this can cause irritation.
* Perfumed products as this can irritate the skin.
* Sunbed or heat treatments.
* Sun bathing.

**48 hours after your waxing treatment**

* Moisturise daily, morning and night if possible.
* Exfoliate two times a week to help prevent ingrowing hairs.

**What to expect after the treatment**

* The area may appear red immediately after the treatment.
* Blood spots may occur occasionally in the treated area if the hair is very strong and coarse. Such as bikini and underarm.
* The affects are usually short lived and resolve within 2 hours, should the irritation persist apply calamine lotion, Aloe Vera gel or a cold compress in the area. If irritation still persists please contact us at the clinic or NHS direct (if out of hours) for advice.

If you have any concerns at all please call us on 01522 394618