

LASER VASCULAR LESION ADVICE (1064)

You can expect a mild sunburn-like sensation. This usually lasts 2 to 24 hours, but can persist up to 72 hours. Mild swelling and/or redness may accompany this, but it usually resolves in 2 to 3 days.

Apply ice or gel packs to the treatment area for 10 to 15 minutes, every hour for the next 4 hours or as needed. An oral, non-steroidal anti-inflammatory medicine may be taken to reduce discomfort.

UNTIL THE REDNESS HAS RESOLVED, IT IS RECOMMENDED TO AVOID THE FOLLOWING:

- applying cosmetics to the treated areas;
- swimming, especially in pools with chemicals;
- hot tubs, jacuzzis and saunas;
- activities that cause excessive perspiration;
- aggressive scrubbing and use of exfoliants on the treated area;
- sun exposure or tanning of treated areas. Apply a sunscreen of SPF45 or greater to prevent skin colour changes.

After leg vein treatment, you may wear compression stockings during the day for 3 days post-treatment, if desired.

Please avoid anti-coagulants for several days after treatment.

Elevate your leg/s for 24 hours following treatment. Walking will speed up the healing process. The reticular vessels may show some bruising.

A course of 2 to 3 regular treatments may be necessary to achieve the best results. Please contact your therapist should any side effects occur.

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LASER PHOTOFACIAL ADVICE

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You can bath or shower as usual. Treated areas may be temperature-sensitive. The pigmented lesions may initially look raised and/or darker with a reddened perimeter. They will gradually turn darker (brown or black) over the next 24 to 48 hours.

The pigmented lesions will progress to scabs and/or crusts and will start to flake off in an average of 7 to 21 days. Do not pick, scratch or remove scabs.

They are usually healed in 21 to 30 days and will continue to fade over the next 6 to 8 weeks. For optimal results, specialised skin peels can be done two weeks prior and/or post-treatment.

A course of 3 to 5 regular treatments will be necessary to achieve the best results. Please contact your therapist should any side effects occur.

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LASER HAIR REMOVAL ADVICE

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- sun exposure or tanning of treated areas. Apply a sunscreen of SPF45 or greater to prevent skin colour changes.

You may bath or shower as usual. Treated areas may be temperature sensitive. The appearance of hair growth or stubble will continue for 7 to 30 days post-treatment. This is not new hair growth, but treated hairs being expelled from the skin.

Hairs that were in their resting phase at the time of treatment may enter the active growing phase in 1 to 6 months, depending on the body area. You may need follow-up treatment.

Do not pick or pull at the scabs, as this might cause scarring. Do not wax or tweeze hairs between treatments. Rather shave, cut or use depilatory creams.

A course of 4 to 6 regular treatments will be necessary to achieve the best results. Please contact your therapist should any side effects occur.

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LASER NON-ABLATIVE ADVICE

The application of cool gel packs and topical creams - immediately following treatment - can help alleviate post-treatment itchiness and stinging that may occur.

Edema (swelling) and sometimes blanching is expected immediately post-treatment. This generally resolves within 24 to 48 hours.

You may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1 to 3 days after treatment. This may persist in a mild form for several weeks.

Gentle cleansing and use of non-irritating cosmetics are permitted after treatment.

Discontinue topical retinoids (vitamin A) for 1 to 2 weeks prior to the initial treatment and throughout the course of the treatment.

If you are prone to acne breakouts, you should avoid heavy make-up or moisturisers for 24 hours post-treatment. Avoid injury and sun exposure for at least 2 weeks following treatments.

Use a daily sunscreen with SPF45 or greater throughout the course of the treatment and for 6 months following the final treatment.

Once the treatment area is healed, some itching and dryness may occur. This will gradually clear. Non-irritating moisturisers may be used to provide relief.

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- activities that cause excessive perspiration;
- aggressive scrubbing and use of exfoliants on the treated area;
- sun exposure or tanning of treated areas. Apply a sunscreen of SPF45 or greater to prevent skin colour changes.

You may bath or shower as usual. Treated areas may be temperature sensitive.

Your vessels may undergo immediate greying or blanching, or they may exhibit a slight purple or red colour change. They will fully or partially fade in about 10 to 14 days.

Treatments may be performed every 7 to 10 days, if your skin has fully recovered.

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