

LED LIGHT THERAPY AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for LED light therapy treatment.

- Immediately after treatment, there may be redness and mild swelling at the treatment site, your skin may feel like mild sunburn. These effects usually resolve within 48 hours. If you are concerned the effects are not resolving, then you must contact your practitioner.
- Do not pick, scratch or rub the treated area because this may cause skin irritation.
- Avoid makeup for 24 hours after treatment. Wait until any redness and swelling has resolved before applying.
- Cleanse your skin twice a day with warm water. Use a gentle moisturiser regularly on your skin.
- Avoid any excess sun exposure or sunbeds for 48 hours after treatment, use an SPF 30 sunscreen.
- Avoid any irritants to your face, such as any products containing Retin-A (tretinoin), retinol, benzoyl peroxide, glycolic / salicylic acids, astringents or chemical peels for at least 7 days after treatment.
- Avoid any hair removal procedures such as waxing for 2 weeks.
- Do not exercise, receive any body treatments, take hot showers, or use saunas or hot tubs until redness and swelling has resolved (usually 2 days).
- Contact your practitioner as soon as possible if you experience any unwanted side effects or if you are concerned about healing.

- Your practitioner will advise you when follow up appointments are needed. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.