



## Pre and Post Treatment Guidelines

### Pre-treatment care

It is important that before receiving the AW3 IPL/Laser treatment you follow the recommended pre-treatment guidelines for 30 days prior to the treatment.

#### Hair Removal

- Do not wax or thread hair from the treatment area.
- Do not have electrolysis on the area.
- Do not use depilatory creams on the treatment area.
- Do not bleach on the treatment area.
- Please shave the area to be treated the day before or on the day of treatment.

#### All Other Treatments

- Do not use sun-beds.
- Do not sun bathe.
- Do not use tanning cream .
- For Thread Vein, DO NOT SMOKE for 4 hours before the treatment.

### Post treatment care

After any AW3 IPL/Laser treatment, it is common for the area to feel slightly warm. It is also common to experience some redness, local swelling and mild tenderness. These symptoms may appear immediately or a few days after treatment.

- The use of 100 % Aloe Vera gel is recommended directly after treatment and for a further few days if necessary.
- An ice cold compress can be applied if the area feels hot or uncomfortable.
- A high SPF 30+ should be applied when outside for 4 weeks after treatment. Excessive exposure can cause hypo or hyper pigmentation of the skin.

#### For the next 48 hours (after all treatments):

- Avoid all heat treatments such as steam rooms, saunas, hot baths, hot showers and excessive exercise.
- Avoid all perfumed creams, soaps and lotions on the treatment area. Only use Aloe Vera gel.
- Do not touch, pick or scratch the area (after skin rejuvenation or facial thread veins).
- Except for Hair Removal, do not use any anti-inflammatory products for 7 days.

**NOTE: If you find the area treated is sensitive, continue the list above for the next week.  
Please do not hesitate to contact us if you have any questions.**