

# CULTSKIN®

## CULTSKIN® Pre-and-Post Care Advice for your appointment

Treatment Name: **Laser Hair Removal**

Product used: the Alma Soprano Titanium Laser - a 810-nm diode laser technology  
Treatment aim: Penetrates deep into the dermis where the hair follicle is located and is suited to pretty much every skin type and skin tone!

### **Pre-treatment advice:**

Up to three days prior, refrain from the use of anti-aging actives or topical prescriptive medications, such as alpha hydroxy acids, Tretinoin, Retinols, Glycolic acids, etc.

Gentle shaving or tweezing on or around the treated area is completely fine, up to 3 days prior to appointment, but avoid other hair removal processes that may affect the skin, i.e waxing, creams such as Nair or Lasers.

### **What medical history is required?**

Any previous medical and cosmetic/aesthetic procedure history / Current regular medications / Any allergies / If you suffer from cold-sores.

### **Can I have treatment if I suffer from cold-sores?**

At CULTSKIN®, we advise cold-sore sufferers to take Acyclovir tablets seven days before their treatment appointment to prevent an outbreak. If you have an active cold-sore we CANNOT treat you, so please contact our Patient Care team at your earliest convenience.

### **If I need pain relief before my treatment, what can I take?**

For 24 hours before your treatment appointment, it is advised that you avoid anti-inflammatory painkillers such as Ibuprofen and Aspirin. Paracetamol however, is completely safe to take and the only pain relief CULTSKIN® advises ahead of and after treatment.

### **How soon after treatment can I travel or fly?**

There are no restrictions on flying but we do ask all patients to try and stay in the country for at least 72 hours, preferably two weeks after the treatment appointment. We do advise you to avoid extreme heat for 2-4 weeks after the treatment too.

### **Post-treatment advice:**

**Aftercare is crucial - it can be the difference between targeted results achieved or not!  
The following pointers will help maintain and enhance treatment results, minimising your healing period and downtime:**

Your skin will need to be shielded from the sun. Avoid exposure to direct sunlight and extreme heat, such as saunas, steam rooms and sun beds, for at least 2 weeks either side of your treatment and application of SPF 30+ is a must. Excessive sun exposure can cause hypo or hyper pigmentation.

It is common for the treatment area to feel slightly warm, or experience more redness, inflammation, tenderness or local swelling, than normal. Do not pick or scratch the area. A cold compress can be applied if the area feels hot or uncomfortable. The use of 100% Aloe Vera gel is recommended too! Tip: Refrigerate your moisturiser, gel or SPF, making application especially soothing for the next few days.

To minimise the above, please avoid activities that can cause excessive heat, such as hot baths or showers, steam rooms, saunas and excessive exercise and/or swimming for the next 48 hours.

Refrain from using perfumed lotions or soaps, or topical prescriptive medications for anywhere from 24 hours up to 1 week post treatment, unless otherwise stated by your CULTSKIN® Skin Specialist or Doctor. Your skin will "speak" to you, so if the introduction causes irritation, abstain from using for another day or two, depending on how treated the area is.

After 4-7 days post-treatment, it is recommended to start exfoliating the area 2-3 times a week to encourage the hairs to shed.

Gentle shaving or tweezing on the treated area is completely fine, but avoid other hair removal processes that may affect the skin, i.e waxing, creams such as Nair, or Lasers. Speak to a member of the CULTSKIN® team about which treatments and products would be best suited for you next and when to get them booked for, if haven't done already.

- Your skin will need to be shielded from the sun. Avoid direct sunlight and extreme heat, such as saunas, steam rooms and sun beds, and application of at least a SPF 30+ is a must, even on the lips!

- Drink plenty of fluids to stay hydrated; ideally 2L of water a day. That having been said, diuretics such as alcohol or caffeine should be avoided if possible, as well as strenuous physical activity, for the first 12-24 hours post-treatment.

**Speak to a member of the CULTSKIN® team about which treatments and products would be best suited for you next and when to get them booked in for.**

**Contact us if you experience any of the below:**

If you are concerned about any swelling, pain, redness. Please email [bookings@cultskin.com](mailto:bookings@cultskin.com) with photos to be assessed by one of our CULTSKIN® doctors.

If you have a fever, temperature, flu like symptoms, vomiting or any signs of possible treatment infection, please phone our emergency phone line and one of our doctors will urgently assess you.

If you have any signs of allergy, itch, rash, wheeze, shortness of breath – contact 999 as you will need urgent medical treatment – this is very rare and most likely to occur while you are still in-clinic, so your care and safety will be handled efficiently.

Alternatively, should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**.

**Review policy:**

Every patient is entitled to a review appointment 14-21 days after treatment. This is a complementary component of your initial treatment and an opportunity to ensure that you are satisfied with the treatment you have received. After this window of time, unless otherwise instructed or extended by your CULTSKIN® Doctor, a review appointment will cost £50 and is not redeemable towards additional treatment, had on the day, if applicable. It is mandatory for patients who have a review appointment booked and do not wish to attend, to provide us with 7 days notice if they wish to cancel the appointment. Failure to do so will result in a £50 charge to cover the time allocated in-clinic for the review appointment. If you have not yet booked your review and wish to have one, please contact [bookings@cultskin.com](mailto:bookings@cultskin.com) and the Patient Care team will be able to arrange one for you.