

CULTSKIN®

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

Treatment Name: **iPixel by Alma Harmony XL Pro Laser**

Product used: the Alma Harmony XL Pro Laser - a 810-nm diode laser technology

Treatment aim: A fractional ablative laser skin resurfacing treatment that can improve the appearance of skin and a number of concerns.

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:

Taking care of your skin after an iPixel procedure is as important as the actual treatment itself! Listed below are instructions on how to make your healing process as comfortable and easy as possible.

Immediately after iPixel treatment:

Your face will feel very warm. Soothe your skin by placing ice-packs (or bags of frozen vegetables will do) covered in a clean tissue, on the treated area for as long as possible, at least 20 minutes an hour until bed.

In order to prevent undue swelling, try to keep your head elevated when lying down by using an additional pillow.

When looking at your skin up-close, you may notice a "grid" texture to your skin. Rest assured, this is completely normal, and each of those microscopic dots represents an area of skin that

was treated by the actual path of the laser today.

Drink plenty of fluids to stay hydrated. That having been said, Diuretics such as alcohol or caffeine should be avoided.

If your skin feels tight or itchy, apply a non-comedogenic moisturiser liberally, as many times as needed. Ensure your moisturiser has been approved by your skin specialist, occlusives such as Vaseline are way too heavy and should be avoided! Tip: Refrigerate your moisturiser or SPF, making application especially soothing for the next few days.

Your skin is especially fragile, and needs to be shielded from the sun. Avoid direct sunlight as much as possible, and application of SPF 30+ is a must.

If you need/want to, you can apply make-up as soon as the treatment is over (and thereafter), however, if possible, we'd advise to avoid it until 48hrs post.

Next Day:

If your skin feels tight, dry, or itchy, continue to apply your recommended moisturiser as often as needed; this'll likely be at least 3 times a day.

Make sure to apply ample sunscreen after washing your face in the AM. Even if you don't plan on being outdoors, you can still be exposed to incremental sunlight from windows, mirrors or being in the car, etc.

Although cold compresses will no longer benefit your healing process, the coolness against your skin will still feel good. For comfort's sake, you are welcome to continue to ice your skin for as long as you like.

If you are experiencing uncomfortable swelling, any over-the-counter anti-inflammatory can be beneficial in reducing puffiness. The most-common areas are under the eyes and around the mouth, do not worry - it's completely normal and will pass naturally.

You may notice the "grid" texture is more pronounced today, and possibly darkening, with a slightly rougher texture. This is completely normal and simply a sign of your skin's healing process, from the inside out.

You may also notice tiny white bumps on the skin. These are pockets of solidified oil, and will wash/slough away within a day or two if left alone. Avoid trying to pick or touch these, your skin is very sensitive right now, and even the most gentle of extractions can greatly complicate a situation that would naturally and quickly resolve itself.

Rest of your first week:

Your swelling, if any, should be starting to ease, however some inflammation can remain post the week-mark, so do not worry.

Continue to apply moisturiser and SPF, as you normally would within your regular routine.

You may still be flush or slightly scabbed. Once peeling/flaking starts, do everything you can to NOT pick or peel anything off. Your healing process will continue naturally. Any forced peeling can result in more permanent discolouration.

If you are noticing any pimple-like breakouts, again, refrain from touching or extracting. Should the iPixel laser have come into direct contact with any debris lurking in a pore, your body's healing process has expedited the cleansing process and pushing out the clog quicker than it would have without the treatment.

Please continue to avoid prolonged exposure to the sun.

Pause the use of any harsh skin care products or actives on the treated area, such as Retinoids, Glycolic Acid, Benzoyl Peroxide, Salicylic Acid, Vitamin C's, Manually Exfoliating Scrubs, Brushes or Towels.

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 other lasers.

Avoid using hot water to cleanse your face, it won't affect the healing process as this stage, but may cause further irritant to the skin and even cause pain.

After Week One:

You should be starting to reintroduce actives and your regular skin products into your skin care regimen around a week after your iPixel treatment. That having been said, 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 Week Two:

If Acne is a concern, we recommend a suitable acne treatment at the 2-week mark to ensure your skin is thoroughly cleared of any debris that the iPixel uncovered. Ask your skin specialist for their recommendation.

4 weeks/A Month:

Your skin is ready for another treatment! Give us a call or email via the contact information below to get scheduled in with your CULTSKIN® Skin Specialist or Doctor!

Contact us if you experience any of the below:

If you are concerned about any swelling, pain, redness. Please email 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 and the Patient Care team will be able to arrange one for you.