

CULTSKIN®

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

Treatment Name: **BYONIK®**

Product Used: Pulse triggered laser, Enzyme Peel, Hyaluronic Acid Serums

Treatment Aim: to stimulate cell rejuvenation and development, guided by your pulse, this patented method allows non-invasive, pain-free, non-surgical lifting with the aim of visibly reducing signs of skin aging, as well as healing inflammation & other skin conditions

Numbing: N/A

Pre-treatment advice:

The day of your treatment, be sure to eat a healthy meal, drink plenty of water and get enough sleep in preparation of your appointment.

Can I drink alcohol before my treatment appointment?

At CULTSKIN®, we recommend that no alcohol is consumed at least 72-24 hours before and after treatment, however there are no restrictions on drinking alcohol before or after this treatment.

Can I wear make-up to my treatment appointment?

We do advise and prefer patients to come to their appointment with no, or at the very least, minimal make-up on areas that are going to be treated. However, we still always medically prepare/clean the areas before injection.

What medical history is required?

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

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 72 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 two weeks after the treatment too.

Post-treatment advice:

Aftercare is crucial - it can be the difference between targeted results achieved or not!

Avoid touching, massaging or manipulating the skin and refrain from applying make-up to the treated area, however, again this advice is not a necessity like it would be for other treatments.

Avoid extreme heat such as saunas, steam rooms and sunbeds, for at least two weeks.

The following pointers will help maintain and enhance treatment results, minimising your healing period and downtime:

- Your skin will always need to be shielded from UV exposure. Avoid direct sunlight and apply sun protection daily, of at least a SPF 30+.
- Drink plenty of fluids to stay hydrated; ideally 2L of water a day.
- Wait at least a week, then go ahead with another medically advanced treatment to the area!

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 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.