

SOPRANO ICE SHR HOMECARE INSTRUCTIONS

BEFORE TREATMENT

Please shower or wash the area before your appointment to ensure the skin is clean. No perfume, skincare/make-up, or deodorant!

Please avoid laser for 2 weeks if you have recently been exposed to the sun where you may have sunburnt. Please avoid any harsh chemicals or skincare products for up to 72 hours before treatment including AHA, Glycolic acid and Retinol, in the areas you are treating.

You **MUST** avoid bleaching, plucking, or waxing hair for 6 weeks prior to treatment.

Do not use depilatory creams for 1 week prior to treatment.

If you have a history of cold sores, Zovirax may be used prior to treatment and continued one week after treatment. The use of tanning cream must be discontinued two weeks before treatment. By not buying the physical sunscreen SPF 30+ or Aloe Vera, we assume you already have some. Ring up at least 48 hours before to inform us of any medical changes or there will be a chance you will lose your session for not informing us sooner.

Please wet shave close to the skin the night before treatment using hair conditioner only, or dry trim the area on the day of the treatment.

DURING TREATMENT

The skin is cleaned.

When treating the upper lip, the teeth may be protected with gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against if the treatment is uncomfortable.

The cooling tip will be used with the laser to minimise skin damage. Safety considerations are important during the laser procedure. The client and the operator will wear protective eyewear during the procedure.

AFTERCARE

Immediately after treatment, there may be redness and swelling at the treatment area, this may feel like mild sunburn. The application of iced water and or Ice Pak wrapped in a thin cloth to avoid a freeze burn during the first few hours after treatment will reduce any discomfort. Remove any tight clothing around the area of redness including bra as the strap can trap heat.

The application of Aloe Vera Gel can continue at home. Makeup may be used immediately after the treatment unless there is epidermal blistering. Avoid sun exposure to reduce the risk of hyperpigmentation including dark clothing with heat. This also includes cooking over hot stoves / frying oil. Use Cosmeceutical based Physical Sunscreen SPF 30 or greater to be always used throughout the course of your treatments. Avoid picking or scratching or massaging the treated area of the skin. Do not use any other hair removal treatment methods (waxing, electrolysis, depilatory cream, or tweezing) that will disturb the hair follicle at the treatment area for 4-6 weeks after treatment. Hair regrowth occurs at different rates in different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment. Anywhere from 5-21 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or soft Loofah sponge. After the underarms are treated, use powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation. Avoid hot baths, heat treatments including any form of exercise and treat the skin gently, as if you had sunburn, for the first 24 hours.

USE ICE-PACK IMMEDIATELY TO COOL SKIN BEFORE CALLING THE CLINIC & REMOVE TIGHT CLOTHING AROUND THE AREA. FOR ANY QUESTIONS OR CONCERNS CALL BFD 01274 200016 (TUESDAY-SATURDAY) OUTSIDE OF WORK HOURS CONTACT MOBILE 07802790640 OR DM THROUGH INSTAGRAM OR FACEBOOK.