**KATY CARTER AESTHETICS**

**Radio Frequency & Electroporation & The Holy Grail Pre and Post Treatment Care**

**CONTRAINDICATIONS:**

-The use of sunbeds

-Heart Conditions

-Pacemaker use

-Heart Disease

-Heart Murmur or Irregular Heart Rate

-Epilepsy (LED)

-Ulcers

-Disease of Stomach, Intestine, Liver or Pancreas

-Cancer

-Undergoing any form of Cancer Treatment

-Viral Lesions

-Herpes Simplex (active cold sores)

-Eczema, seborrheic Dermatitis.

-AIDS, HIV or any Auto- Immune Disease

-Roaccutane (Used in the last 6 months)

-Anti Biotics (please make us aware)

-Open Wounds

-Recent Facial Procedures

-Botox and or Filler in the last 2 weeks

-Laser hair removal in the last 4 weeks

**PRE TREATMENT ADVICE:**

-Stop Retin-A (retinol etc) products for a week before your appointment.

-Avoid facial laser treatments for 4 weeks before treatment.

-Avoid having any sort of chemical peel or microdermabrasion treatment within 2 weeks of your appointment unless supervised by your practitioner.

-No waxing, electrolysis, depilatory creams or shaving for a week prior to your appointment.

-There must be at least a 2-week gap between treatment and Injectables including Fillers & Muscle inhibitors & Chemical Peels.

-Steroid creams, topical and oral antibiotics, and the use of Roaccutane will prevent treatment.

-Please advise us of any medical changes at each appointment including pregnancy and breast feeding.

-Sun exposure and or usage of sun beds, including self-tanning products must be avoided for a week minimum before treatment.

-Area must be clean, free of any makeup.

-Notify me of any tattoos, including cosmetic tattooing in the area being treated as tattoos must be avoided.

-If you have a history of cold sores, I recommend you take prevention meds before treatment.

-Please inform me of any medical changes that may be relevant to your treatment.

**POST TREATMENT ADVICE:**

-Do not touch your skin.

-Gently wash the treated area with lukewarm water on the same day, but do not rub or massage the face for 24 hours. Cleanse using a mild cleanser.

-Make up can be applied once the skin has settled. Please unsure all sponges and brushes have been cleaned.

-Refrain from extreme temperatures such as intensive sun light, saunas, steam baths, exercise, and hot showers for 2 days.

-Do not participate in activities that may cause excessive perspiration for 12 hours following treatment.

-Apply a sunscreen with an SPF 50 on a daily basis and reapply every 2 hours.

-Avoid electrolysis, waxing, bleaching (face), depilatory creams for a week and laser hair removal for 4 weeks.

-Do not swim in chlorinated water for the rest of the day.

-Please report any concerns to your practitioner as soon as possible.