**KATY CARTER AESTHETICS**

**CLEAR & CONTROL, HF, SUPERFACIAL AND CELLUMA LED LIGHT THERAPY PRE AND POST CARE INFORMATION**

**CONTRAINDICATIONS:**

-Active cold sores, herpes simplex in the area to be treated.

-History of keloid scarring.

-Pregnancy/Breast Feeding

-Aspirin allergy.

-Chemical allergies.

-Antibiotics (please contact us)

-Medications (please contact us)

-History of radiation therapy in the area to be treated (please make me aware)

-Skin Cancers

-Rosacea - if inflamed.

-Skin Infections.

-Headaches & Migraines

-Epilepsy (HF&LED)

- Dental braces (HF)

-Metal Pins & Plates (HF)

-Pacemaker (HF & LED)

-Sunbed use

-Pre-existing inflammatory dermatoses (e.g., psoriasis, atopic dermatitis, pemphigus)

-Oral retinoids (Roaccutane) 6 months off meds before treatments

-Open wounds on the area to be treated.

Smoking:

Patients must understand the necessity for smoking cessation. The dynamic action of puffing can worsen perioral rhytids, and the chemicals in the smoke can cause enzymatic reactions that weaken the skin and cause further wrinkling around the mouth and eyes.

**PRE TREATMENT ADVICE:**

**-**Come to your appintment with a clean face.

-Jewellery must be removed.

- You cannot have this treatment if you are pregnant or breast feeding, if you have metal pins, plates or screws in the face or If you have a pacemaker.

-Please avoid any other facial treatments for atleast 2 weeks before treatment.

-Avoid IPL laser for atleast 4 weeks before treatments.

-Avoid AHA’s BHA’s & Vitamin A for a week prior and post treatment.

**POST TREATMENT ADVICE:**

-Be very gentle with your skin, cleanse the same evening with a mild cleanser and lukewarm water.

-No waxing, depilatory creams or tint for a week post treatment.

-Do not touch your skin.

-Avoid BHA’s, AHA’s & Vitamin A for a week post treatment.

-Expect some mild redness & swelling, this should subside within 24hrs.

-No heat treatments (hot baths, exercise, steam rooms, saunas etc) for a week.

-Wear SPF every day and reapply every 2 hours.

-Avoid wearing makeup for 24hrs, when you do apply makeup, ensure your brushes and sponges have been cleaned.

-Don’t pick your skin.