

**Medik8 Facial & KCA Back Treatment, Clear & Control & High Frequency, Superfacial & CELLUMA LED Light Therapy**

**CONTRAINDICATIONS:**

**-**Pregnancy & Breastfeeding

-The use of sunbeds

-Epilepsy

-Use of Antibiotics/Medications (please contact us)

-Steroidal Injections

-Seizures

-Autoimmune Disorders

-Under 18’s

-Acute or cutaneous Porphyria

-Systemic Lupus Erythematosus

-Eye Disease or Retinal Abnormalities

-Sunburnt/Windburned skin

- Pacemaker use

-History of heart disease

-Avoid wearing metal jewellery during high frequency treatment to avoid risk of shock

Smoking:

Patients must understand the necessity for smoking cessation. The dynamic action of puffing can worsen perioral rhytides, 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 appointment bare faced

-Make us aware of any medications you may be on before your appointment

-Discontinue use of AHA/BHA’s and or Vitamin A for a week before treatment

-No waxing or depilatory creams for a week before treatment

-No Laser Hair Removal for 4 weeks before treatment

-No Botox/Filler for 2 weeks prior to treatment

**POST TREATMENT ADVICE**

-Don’t touch or pick your skin

-Limit outdoor exposure

-Apply SPF 50 or higher and reapply every 2 hours

-Avoid makeup for 24 hours, when you do apply, make sure you have cleaned your brushes and sponges

-No waxing, tinting or any facial treatments for a week.

-Avoid heat treatments, saunas, steam rooms, hooded hairdryers, exercise, hot baths and showers for 48 hours

-Don’t reintroduce AHA’s/BHA’s and or Vitamin A for a week.

-Cleanse your skin before you go to sleep (unless advised otherwise) with a mild cleanser and lukewarm water and apply a moisturiser

-No chlorinated water for 2 weeks

KATY CARTER AESTHETICS

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