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**RADIO FREQUENCY SKIN TIGHTENING & ELECTROPORATION PRE AND POST CARE**

**CONTRAINDICATIONS:**

**- The use of sunbeds**

**- Sunburn/Windburn**

**- Heart Conditions**

**- Pacemaker use**

**- Heart Disease**

**- Heart Murmur or Irregular Heart Rate**

**- Epilepsy**

**- 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)**

 **-Antibiotics (please make us aware before your treatment)**

**-Open Wounds**

**-Recent Facial Procedures such as facials, facial waxing & depilatory creams etc**

**-Botox and or Filler in the last 2 weeks**

**-Laser hair removal in the last 4 weeks**

**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:**

-Stop Retin-A (retinoids 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.

-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 or pick 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 (24hrs). 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 5 days.

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

-Apply a sunscreen with an SPF 50 daily 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 7 days.

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

-Avoid using Acids & Vitamin A for 3 days.

KATY CARTER AESTHETICS

[www.katycarteraesthetics.co.uk](http://www.katycarteraesthetics.co.uk)

E: hello@katycarteraesthetics.co.uk