

IMPORTANT NOTES | Laser Treatments & Peels

LASER TREATMENTS

Including laser hair removal, pigmentation and sun damage, laser acne, vascular and flushing treatments.

PRE-TREATMENT CARE FOR THE TREATED AREA

6 weeks:

- No chemical peels or laser resurfacing

2 weeks:

- Do not wax or pluck
- Avoid excess direct sun exposure
- Do not use fake tans, solariums or tanning drugs such as MelanoTan II

3 days:

- Do not use Retinol (topical Vitamin A) or Hydroquinone (whitening creams)

12 hours:

- Shave the area

POST-TREATMENT CARE FOR THE TREATED AREA

Immediately after:

- Soothe any redness and sensitivity with cool water, cold packs and Skinitut Laser Aid which can be applied liberally. Continue using Laser Aid regularly daily until the skin has returned to its pre-treatment state

24 hours:

- Avoid shaving, waxing or plucking hair, exfoliation, excessive sweating or very hot showers

5 days:

- No active ingredients in case the skin has not reverted to its normal condition*
- No exfoliating products**

7 days:

- Avoid excess direct sun exposure and solarium visits
- Apply sunscreen throughout the day

PEELS

Cosmedical grade peels are designed to specifically target skin breakdowns such as ageing, pigment and acne. These specific peels create rapid and intense results

*Skinitut products which contain active ingredients include Glycolic Cleanser, Glycolic Scrub, Retinol, Even Blend Serum, Expert Glycolic Toner and Vitamin C

**Skinitut exfoliating products include Glycolic Scrub, Expert Glycolic Toner and Lactic Cleanser and Enzyme Peel

PRE-TREATMENT CARE FOR THE TREATED AREA

3 days. Stop, or do not have the following treatments:

- Waxing or laser hair removal/ IPL
- Depilatory use
- Electrolysis
- Excess direct sun exposure
- Chemical treatments of any kind, including any hydroxy acid treatments, other than your prescribed Skinitut preparation regime
- Active Tan, use of tanning creams or products that leave pigment on the skin

7 days:

- Cosmetic injection treatments

POST-TREATMENT CARE FOR THE TREATED AREA

24 hours:

- Avoid heat (hot tubs, saunas, steam rooms)
- Avoid excessive exercise
- Increase water intake to at least 8 glasses a day

48 hours:

- You may start to use Skinitut Enzymatic Micro Peel to assist with the gentle removal of flaking skin

3 days

- No active ingredients*

5 days

- No exfoliating products**
- Avoid excess direct sun exposure and apply sunscreen throughout the day No facial treatments
- No waxing or laser hair removal/ IPL treatments
- Start to use your Skinitut after care products

7 days:

- No cosmetic injection treatments

DO NOT PICK SKIN

IMPORTANT NOTES | Skin Needling and Microdermabrasion

EVO PEN SKIN NEEDLING

Most clients require approximately 4-6 treatments to achieve optimal results.

PRE-TREATMENT CARE FOR THE TREATED AREA

- Do not take blood thinning medication such as Aspirin or Nurofen for 3 days prior
- Stop using active ingredients on the skin 3 days prior*
- Do not use Retinol for 3 days prior
- Avoid direct sun exposure for 5-10 days prior
- Advise your therapist if you have a history of cold sores or herpes
- No cosmetic injection treatments 2 weeks prior
- NO FAKE TAN present on area (this may cause a tattooing effect)

POST-TREATMENT CARE FOR THE TREATED AREA

1-2 days:

- You may experience some redness and swelling to the treated area. This is a normal response to the treatment and you can apply ice packs as required
- You may experience itchiness to the treated area. Apply Skinstitut Laser Aid to alleviate irritation
- Avoid excessive exercise
- Avoid heat (hot tubs, saunas, steam rooms)
- Avoid chlorinated pools
- Use Skinstitut Rejuvenate 15 to repair the skin and encourage cellular regeneration. Apply 3-4 times daily in the first 24 hours
- Use Skinstitut Multi Active Mist to cool and hydrate skin

3 days:

- No active ingredients*

5 days:

- No exfoliating products**

7 days:

- No cosmetic injection treatments

3 weeks:

- Avoid excess direct sun exposure or solarium use, as this will increase the chance of developing pigmentation and burning

DO NOT PICK SKIN

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**Skinstitut exfoliating products include Glycolic Scrub, Expert Glycolic Toner and Lactic Cleanser and Enzyme Peel

MICRODERMABRASION

The most advanced exfoliation system which provides results you can see and feel after just one treatment.

PRE-TREATMENT CARE FOR THE TREATED AREA

3 days:

- Stop using active ingredients on the skin*
- No cosmetic injection treatments
- Avoid excess direct sun exposure
- No chemical peel treatments
- No waxing or laser hair removal/ IPL treatments
- No depilatory use

It is imperative that you discuss all current or recent medications that you have taken with your treatment provider and to update this information at each treatment if they change.

Laser Clinics Canada may not perform any skin treatment on individuals that have taken MelanoTan or any oral tanning product within the preceding 6 months.