

Sk institut™

LASER PIGMENTATION PRE & POST CARE

When having clinical treatments using Medical grade Candela lasers, it's important that you diligently follow the recommended pre and post-care advice to ensure you achieve and maintain the best result possible.

5 THINGS TO AVOID BEFORE YOUR LASER PIGMENTATION TREATMENT:

(specific to the area being treated)

- Laser, IPL treatments or skin treatments including chemical peels and skin needling (4-6 weeks prior)
- Direct sun exposure (2-4 weeks prior)
- Facial hair removal including electrolysis, waxing, and depilatory use (2 weeks prior)
- Fake tan, solarium or tanning drugs such as Melanotan II (2 weeks prior)
- Prescription topical Vitamin A or Hydroquinone (1 week prior)

Always follow your sk institut skin-prep requirements as advised by your therapist for best results.

YOUR PERSONALISED SKIN PREP INCLUDES:

- ☐ Gentle Cleanser Multi-
- ☐ Active Mist
- ☐ Rejuvenate 15 Enzymatic
- ☐ Micro Peel
- ☐ BARRIER REEF SPF 50+

IMPORTANT DOS & DON'TS FOLLOWING YOUR LASER VASCULAR OR FLUSHING TREATMENT:

DO

- Use your sk institut Aftercare Pack, as prescribed by your therapist
- Avoid direct sun exposure for 7 days and wear SPF 50+ before going outside
- Avoid strenuous exercise or anything that may cause excessive perspiration such as saunas, spas, and steam rooms within the first 1- 2 days
- Avoid direct heat (including that of a hair dryer) or very hot showers within the first 1 – 2 days

DON'T

- Pick or pull any loose or exfoliating skin or micro-crusting, no matter how tempting
- Manually exfoliate your skin for the first 1-2 weeks after treatment
- Use any active or high-intensity skincare products for the first 5 days or until the skin has returned to normal
- Do any facial hair-removal treatments such as electrolysis, facial waxing, or depilatory creams for at least 5 days

LASER PIGMENTATION AFTERCARE

Your **Laser Pigmentation Aftercare Pack** has everything you need to support your skin throughout your treatment plan. Following a pigment-reduction treatment using medical-grade Candela lasers, skin can be a little more reactive, so a low-intensity approach is recommended.

By diligently following your therapist-prescribed homecare, your skin will not only normalise more quickly but you'll see the best results from your treatment.



SIGNATURE FIVE PRESCRIPTION

To see the best possible result with your laser pigmentation treatments, discuss our 5 a-day Brightening Regime with your therapist who can recommend higher-intensity options tailored to your skin, such as Even Blend Serum, Vitamin C 100%, Retinol Serum, L-Lactic or Glycolic Cleanser 12%.

DAYS 1-5	AM	PM	FREQUENCY	HOW TO USE
Laser Aid 			Daily	Apply liberally to treated area, up to 4 times per day, until redness subsides. Remove excess with tissue – avoid rubbing excessively.
Gentle Cleanser 			Daily	Use a pea-sized amount with water & lather for 30 seconds to cleanse the treated area.
Multi-Active Mist 			Daily	Spritz over face while skin is still damp after cleansing.
BARRIER REEF SPF 50+ 			Daily	Pat onto treated area. Reapply at 2 hour intervals if the affected area is exposed to sunlight.

AFTER 5 DAYS

Enzymatic Micro Peel 			2-3 times per week	Apply a smooth film to clean dry skin. Leave for 5-15 minutes. Rinse thoroughly with warm water & pat dry. Can be used as often as needed to target flaking skin.
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Disclaimer: All product suggestions are a guide only. If you're using prescription medication or suffering from a health condition, please notify your therapist who may need to adjust your prescription accordingly. Additionally, seek advice from your medical practitioner.