



## Focus Dual Pre/Post Treatment Advice

### Pre-Treatment

1. **Avoid** sun exposure and self-tanning (including sunbeds) two weeks prior to treatment.
2. **Avoid** using acid/chemical-based products on the area one week prior to treatments (for example glycolic/salicylic acid and retinols).
3. **Inform** your clinician of any **changes** in medication/health.
4. **Inform** your clinician if you have a history or flare up of **cold sores** as this can impair treatment. Anti-viral medication may be taken if necessary.
5. If **topical anaesthetic** is to be used, please apply **30-45** minutes before your appointment.

### Post-Treatment

1. The treated area can be **red or pink in colour** after the treatment and this may last for a few hours. It will also **feel warm** to the touch during this time.
2. **Bruising** may occasionally occur after treatment in delicate areas, especially around the eyes. This can last up to 5 days but should resolve with no long-term effects.
3. **A high protection sunscreen** should be used after treatments and sun exposure should be avoided for 4-weeks post-treatment.
4. **Make-up** can be applied after 12 hours.
5. Immediately after treatment, contraction of collagen fibres improves the skin's elasticity, so your skin will appear firmer. This can be temporary as the production of new collagen takes time, and best results are seen after your course of treatments (continuing for 3 to 6 months after the end of your course).
6. **Avoid** alcohol and keep hydrated by drinking plenty of water.
7. **Avoid** heat treatments such as hot baths/showers, saunas, steam rooms.
8. Waxing, tweezing and depilatory creams can be resumed 7 days post treatment.
9. A non-exfoliating cleanser and light moisturizer can be used on the day of treatment and for 1-2 days afterwards. By around day 3 normal skin routine can be resumed, however, **avoid** acid/chemical-based products for at least 7 days post treatment.
10. Further laser treatment, chemical peels, Botox/Dermal fillers can be resumed 2 weeks post treatment.
11. **Blistering is very unusual**, but if it does occur, contact the clinic immediately for further advice. Keep the area **clean and dry** and allow to heal naturally. **Do not use any lotions or creams** on open skin as this may increase the risk of infection. Grazing or flaking can sometimes occur following treatment, so it's important you **DO NOT pick grazes or blisters** – as this may increase the chance of a scar occurring. Once the skin has healed, a high protection sunscreen should be used daily for 12 months to prevent pigmentation changes to the skin.

**If you have any urgent concerns or queries regarding the treated area, please phone the clinic for advice.**

I acknowledge receipt of this advice sheet.

Name: (print).....

Signed:.....

Date:.....