

# les nouvelles *esthétique* & spa

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# Skin NEWS

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activity two hours before they receive their treatment.

Antibiotics can also increase photosensitivity. Make sure your client checks with their physician if they are taking long-term antibiotics.

As the treatment provider, you may opt to use a topical numbing cream prior to treatment. Check with your laser manufacture for the best recommendation.

## Post-Treatment Care

After the treatment is completed, clients must again avoid sun exposure for at least one week. If blisters occur, instruct the client not to open or puncture the blister, but rather to apply an antibiotic ointment until the irritation subsides.

Carry an aloe-based or calming post-treatment balm for clients to purchase after their treatment. Not only will this increase the overall revenue of

the treatment, but it will also make the clients feel cared for and confident in their post-treatment routine.

Clients should not receive any other laser treatments or chemical exfoliations to the treated area for at least two weeks post treatment until the treated area is fully healed.

It is imperative that clients use a broad spectrum UVA/UVB sun protection of at least SPF 30. Be sure to carry this product in office to hold your client accountable in protecting their skin from the sun's harmful rays after their laser treatment. Remind your client that the outcome is only as good as their dedication to adhering to the pre and post treatment guidelines you agreed upon prior to beginning their series of treatments.

Encourage your client to contact you should they experience any side effects, such as hypo or hyper pigmentation, excessive swelling or redness, allergic reaction, or blistering.

Once the area is healed, the client can gently resume regular exfoliation to prevent ingrown hairs.

## Scheduling

Scheduling your client for their next treatment in the series is part of post treatment care. For best results, your client should schedule the recommended number of treatments at once to ensure they return to finish their course. Again, this is something that should be outlined in your pre-treatment discussion, as some clients will need several treatments to see the best results depending on the area treated, hair thickness and skin pigmentation.

Pre and post treatment care is just as important as adhering to proper protocol during the procedure. While it is the client's responsibility to follow your recommendations at home, it is ultimately your responsibility to act wisely and think proactively when performing laser skin care treatments. ■

# Karin Herzog

— SWISS MADE —

WORLD LEADER IN OXYGEN SKINCARE

## SPRING CARE... SWEET CARE!

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# Post Treatment Care

Soothing balms to protect skin post treatment



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