

AFTERCARE & HOMECARE

1. The Client must not touch the affected area, and **must not, under any circumstances remove** any scab that may appear. The area should be treated as a burn.
2. The client should apply the aftercare lotion regularly, with clean freshly washed hands or fresh cotton wool, a **minimum** of once following the treatment that day, and at least twice a day for the following 3 days (minimum guideline)
3. The treatment area can, if absolutely necessary, be washed or cleansed with a very gentle cleanser but soap should be avoided, the area should be dried with paper tissues, not towels. (The client should thoroughly wash all flannels, towels etc. for use during the course of treatments and for the following month.)
4. Do **not** a) exercise b) eat hot spicy foods c) take alcohol etc. which would cause sweating or dilation of the capillaries.
5. Avoid the possible causes of thread veins e.g.:- tight fitting glasses, squeezing spots, blowing nose hard etc.
6. Do **not** fly within a week of the treatment.
7. No sunbathing, swimming, sunbeds, saunas, facial steaming, facial scrubs-**complete sun block** must be worn for at least 48 hours preferably for longer after each treatment.
8. The area of treatment, and any area showing a predisposition to telangiectasia, should be protected by a sunscreen at **all** times, particularly in the summer months.
9. Normally after 48 hours pin dot scabs may appear, These may or may not become apparent they may be felt rather than be seen. this seals the skin and helps prevent infection. **These must not be picked off.** The skin should be kept dry and clean until these fall off in their own time. If they are **picked off** it will result in **scarring**.
10. The client should avoid using any possible skin sensitises or irritants such as perfumes, fake tan products, perfumed body lotions etc. Do **not** use Vaseline or similar products