

## **Carbon Facial Treatment Pre & Post Care**

### Pre- Treatment

- Avoid sun exposure for a minimum of 2 weeks before treatment.
- For optimal results, a skincare regime for pre-conditioning is to be started two weeks before treatment.
- Avoid Retin A, topical antibiotics, exfoliants and hydroquinone two weeks before.
- No hair removal three days before treatment (waxing, shaving, epilating etc.).
- If you are prone to cold sores, take an antiviral medication 2-3 days before your appointment.

### What To Expect

- Skin will feel warm and tight post-treatment
- Skin will be slightly pink/red; this will subside within a few hours post-treatment.
- 1-3 days post-treatment, you may experience some dry flaking skin. Please make sure you keep your skin well-hydrated and moisturized. Do not pick or pull to prematurely remove the skin.

### Post Treatment

- Avoid sun exposure for two weeks.
- Wear SPF daily.
- Avoid active skin care, including AHA/ BHA's, Vitamin A and physical exfoliants for 48-72 hours.
- No exercise or excessive sweating for 24 hours.
- Do not pick or peel at the skin during the healing process.
- Avoid excess heat (hot showers, heated pools, saunas etc.) for 24-48 hours.
- A histamine or delayed inflammatory reaction may develop. It is minor and most common after the first treatment. If this should occur, antihistamines are recommended to be used.

From Day 3, resume regular skincare regime.