

WEST ROOM AESTHETICS

AFTERCARE ADVICE

COSMECEUTICAL SKINCARE PRODUCTS

Your new skincare products are designed to deliver results, therefore the concentration of active ingredients is higher than those in cosmetic products you'd typically find on the high street.

You may experience some of the following conditions on first use:

- Dryness
- Mild flaking
- Irritation
- Redness
- Sensitivity
- Purging
- Breakouts

It is normal for your skin experience this period of adjustment, but if you experience a burning or stinging sensation that doesn't subside after washing the product off, please apply a cold compress and contact us immediately.

TREATMENTS

Your treatment consists of stimulating and regenerating active ingredients and processes that restore skin health and fitness for you to achieve your skin goals.

As a result, your skin will feel different during the next few days and this is completely normal. The following advice will help you support your skin and manage any feelings of discomfort that may arise.

- After treatment your skin may feel sensitive and be slightly inflamed. This is completely normal and should begin to subside between 12 and 24 hours. Sometimes this can be much sooner or take a bit longer.
- You may also experience tightness of the skin along with a feeling of dryness and itching.
- The skin may flake for up to seven days but you must not pick, pull or scratch at any flaking skin as it could create injury and introduce infection. A cold compress will soothe the skin, and in extreme cases an antihistamine from your pharmacy may help if itching is an issue.
- Your skin therapist may recommend adjusting your skincare routine for a few days post treatment. We recommend avoiding physical scrubs as well as actives such as Vitamin A and exfoliating acids such as glycolic, lactic, mandelic and salicylic. You will be able to return to using your usual routine within 5-7 days of your treatment. These recommendations are crucial to your skin recovering from the treatment and may include skincare, supplements and changes to your lifestyle or activities.
- Avoid extreme changes of temperature such as sauna or steam rooms. Your skin must be cleansed with tepid water only.
- Limit excessive touching of your face immediately post-treatment.
- Do not apply makeup for 24 hours post-treatment. If you must apply makeup, then opt for mineral makeup and avoid rubbing the skin excessively when applying and removing.
- Avoid products that contain perfume, astringents, essential oils and alcohol for 24-48 hours post treatment as they could create irritation.
- Do not go swimming or allow the skin to have contact with chlorinated water for 7 days post-treatment, or until your skin has normalised.
- In general we'd prefer you to avoid other clinical treatments for up 4 weeks post treatment. However, with careful planning we can advise on how to combine treatments so please do discuss with us.
- Do not shave or use any after-shave products over the areas that have been treated for 7 days post-treatment, or until your skin has normalised.
- Do not apply fake tanning products for 2-3 weeks post treatment.
- Apply broad spectrum UVA/ UVB sunscreen daily, minimum SPF 30. Avoid sun exposure.
- Stay hydrated in order to help the skin heal and rejuvenate efficiently.

We are here to support you in your skin journey so please don't hesitate to contact us if you have any questions or queries.