

Thank you for choosing scar removal treatment. Proper aftercare is essential to support healing, reduce the appearance of scars, and ensure the best results. Please follow these aftercare instructions carefully to minimise complications and maximise the effectiveness of the treatment.

Immediately After Treatment:

Mild Redness, Swelling, and Warmth

It is normal to experience mild redness, swelling, and warmth in the treated area immediately after the scar removal treatment. This usually subsides within a few hours to a day.

Mild Discomfort or Tenderness

You may feel mild discomfort or tenderness at the treated site. This is temporary and should improve within a few hours to a day.

Cold Compress

Apply a cold compress wrapped in a clean cloth to the treated area for 10-15 minutes every few hours during the first 24 hours to reduce swelling and discomfort.

Avoid Touching the Treated Area

Do not touch, rub, or massage the treated area for at least 24 hours to avoid irritation or infection. Keep your hands clean and avoid direct contact with the treated skin.

For the First Week:

Keep the Area Clean and Dry

Cleanse the treated area gently with a mild, non-alcoholic cleanser and pat it dry with a clean, soft towel. Avoid using harsh scrubs or exfoliants for at least 7 days to ensure proper healing.

Moisturise Regularly

Keep the treated area moisturised with a fragrance-free moisturiser or healing ointment to prevent dryness and promote healing.

Avoid Makeup or Creams

Avoid applying makeup or thick creams to the treated area for at least 24-48 hours to allow the skin to breathe and heal properly.

Avoid Sun Exposure

Protect the treated area from direct sun exposure for at least 1-2 weeks. Apply a broad-spectrum sunscreen with SPF 30 or higher daily to prevent further pigmentation or skin damage.

Avoid Excessive Heat

Avoid hot showers, saunas, or hot tubs for at least 48 hours to prevent irritation and support the healing process.

For the First Month:

Avoid Harsh Products

Avoid using products containing alcohol, retinol, or exfoliating agents (such as AHAs or BHAs) for at least 4 weeks after treatment. These ingredients can irritate the treated skin and delay healing.

Continue Hydration

Drink plenty of water to keep your skin hydrated from within. Continue applying moisturiser regularly to maintain hydration and promote optimal healing.

Monitor for Skin Changes

It is normal to experience some scabbing or peeling as the skin heals. This is a sign that your skin is regenerating. Avoid picking at or scrubbing the treated area to prevent scarring.

Gradual Return to Physical Activity

You may return to light exercise after the first 48 hours, but avoid intense physical activity or activities that cause excessive sweating for at least one week after treatment.

Common Side Effects:

Redness and Swelling

Redness and swelling are common and typically subside within a few hours to a few days. Apply cold compresses as needed to alleviate swelling and discomfort.

Dryness or Tightness

You may experience dryness or tightness in the treated area. Regular moisturising will help to soothe the skin and relieve discomfort.

Scabbing or Peeling

Mild scabbing or peeling may occur as your skin heals. This is normal and should resolve within 3-7 days. Avoid picking at the scabs to prevent scarring.

Temporary Sensitivity

Your skin may be more sensitive to touch, products, and sun exposure for the first few weeks. This is a normal part of the healing process and should improve over time.

When to Contact Us:

Please contact your provider immediately if you experience:

- Severe pain, redness, or warmth in the treated area (signs of infection).
 - Excessive swelling, bruising, or discomfort that does not improve after the first few days.
 - Unusual discharge, pus, or bleeding from the treated area.
 - Any signs of an allergic reaction, such as itching, hives, or difficulty breathing.
 - Any other symptoms that seem out of the ordinary or concerning.
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Long-Term Care:**Continue Sun Protection**

Sun protection is crucial for scar healing. Always wear a broad-spectrum sunscreen with SPF 30 or higher on the treated area for several months, even after the area has healed, to prevent pigmentation changes.

Healthy Skin Care Routine

Maintain a healthy skincare routine that includes gentle moisturisers and

hydrating products. Avoid harsh treatments that may irritate the scar or surrounding skin.

Monitor Results

Scar removal treatments may take several weeks or months to show full results. The scar will gradually fade as the skin heals. Be patient and continue follow-up care with your provider for any necessary touch-ups or assessments.

Healthy Lifestyle

A healthy diet, staying hydrated, and avoiding smoking can all support your skin's healing process and improve the final outcome of the treatment.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.