

Thank you for choosing our **Skin Lightening** treatment. This procedure is designed to improve skin tone, reduce pigmentation, and promote a brighter, more even complexion.

Proper aftercare is essential to achieve the best results, protect your skin, and minimise the risk of irritation or complications. Please follow these instructions carefully.

Immediately After Treatment

Mild Redness, Sensitivity, or Warmth

It is normal to experience slight redness, warmth, or sensitivity in the treated area. This should settle within a few hours to 1–2 days.

Mild Tingling or Tightness

You may feel mild tightness or tingling. This is temporary and usually resolves quickly.

Avoid Touching or Scratching

Do not rub, scratch, or pick at the treated skin. This could cause irritation, infection, or scarring.

For the First Week

Gentle Skin Care

- Use a mild, fragrance-free cleanser and lukewarm water.
- Pat the skin dry — avoid rubbing.
- Do not use scrubs, exfoliants, or strong skincare products for at least 7 days.

Moisturise Regularly

Apply a gentle, hydrating moisturiser at least twice daily to reduce dryness and support skin recovery.

Avoid Sun Exposure

The skin will be more sensitive after treatment. Avoid direct sunlight for at least 1–2 weeks. Always apply SPF 30+ sunscreen when outdoors.

Avoid Heat and Irritants

No hot showers, saunas, steam rooms, or swimming pools for at least 48 hours after treatment.

Avoid Makeup

Do not wear makeup for 24–48 hours to allow the skin to recover. Use non-comedogenic products when you resume.

For the First Month

- Continue with gentle cleansing and daily moisturising.
 - Apply SPF 30+ sunscreen every day, reapplying every 2 hours when outdoors.
 - Avoid strong active ingredients (retinol, AHA/BHA acids, hydroquinone) unless prescribed by your practitioner.
 - Avoid any other skin treatments in the same area unless approved.
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Common Side Effects

- **Redness & Sensitivity:** Usually mild and temporary.
 - **Dryness or Peeling:** May occur as the skin renews — do not pick or peel the skin.
 - **Temporary Darkening of Pigmentation:** Areas of pigmentation may darken before lightening; this is normal.
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When to Contact Us Immediately

- Severe pain, redness, or swelling that worsens over time

- Unusual discharge, pus, or bleeding
 - Signs of allergic reaction (itching, hives, difficulty breathing)
 - Any other symptoms that seem unusual or worrying
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Long-Term Care

- Maintain a gentle skincare routine and protect your skin from the sun.
- Stay hydrated and eat a healthy diet to support skin health.
- Attend all recommended follow-up appointments to achieve and maintain results.

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.