

Thank you for choosing **LED Light Therapy**. This non-invasive treatment uses specific wavelengths of light to reduce inflammation, promote healing, improve skin tone, and stimulate collagen production. Proper aftercare is essential to maximise benefits and maintain healthy skin.

Immediately After Treatment

Normal Reactions

- You may experience mild warmth, tingling, or slight redness in the treated area.
- These sensations are normal and should resolve within a few hours.

Avoid Touching

- Do not rub, scratch, or apply pressure to the treated area immediately after therapy.
-

First 24–48 Hours

Cleansing

- Use a gentle, non-alcoholic cleanser to wash the treated area.
- Avoid scrubs, exfoliants, or harsh products.

Moisturising

- Apply a mild, fragrance-free moisturiser to maintain hydration.

Makeup

- Makeup may be applied immediately after treatment if the skin feels comfortable, but avoid heavy or occlusive products for at least 24 hours.

First Week

Sun Protection

- Your skin may be more sensitive to sunlight.
- Always use a broad-spectrum sunscreen SPF 30 or higher when outdoors.

Avoid Heat & Irritation

- Avoid saunas, steam rooms, hot tubs, and excessive sweating immediately after treatment.
- Avoid harsh skincare products such as alcohol-based toners, retinol, or chemical exfoliants.

Hydration

- Drink plenty of water and continue moisturising to support skin health.

Expected Results & Monitoring

- Skin may appear brighter, calmer, and more even-toned over several sessions.
- Multiple treatments are typically recommended for optimal results.
- Mild temporary redness or warmth is normal and should resolve quickly.

When to Contact Us

Call your provider if you notice:

- Severe or persistent redness, swelling, or pain.

- Signs of infection such as pus or warmth.
 - Allergic reactions such as itching, hives, or difficulty breathing.
 - Any unusual changes in skin appearance or sensitivity.
-

Long-Term Care

- Maintain a gentle skincare routine with moisturising and sun protection.
- Avoid prolonged sun exposure or tanning beds to preserve results.
- Attend follow-up appointments as advised for ongoing treatment and assessment.

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.