



SMARTDiode



SMARTDiode

Pre & Post Treatment Instructions

Unwanted Hair **Gone**
with the latest leading **SMARTDiode** technology



Before The Treatment

- The area to be treated must be clean and free from all topical solutions. Please shave the area 2-12 hours prior to treatment. Shaving immediately prior to treatment may cause extra sensitivity to the skin and we advise to allow plenty of time prior to appointment.
- Tanned skin can be treated provided the tan is not active. Therefore, avoid direct sun exposure to the area being treated for at least 3 days prior to treatment. Sensitive or sunburned skin will not be treated.
- The use of tanning creams must be discontinued 2 weeks before treatment.
- You must avoid bleaching, plucking or waxing hair for 4 weeks prior to treatment and do not wax, epilate or pluck or remove hair by any other means than shaving during the course of the treatment.
- You must avoid the use of essential oils for 48 hours prior to treatment.
- Do not use depilatory creams 1 week prior to treatment.
- If you have a history of cold sores you may take your usual medication 5 days before and 5 days after treatment.
- If you have been on antibiotics, we ask that you leave 2 weeks between finishing the course and having a **SMARTDiode** treatment.

After The Treatment

- In the unlikely event you experience any redness or swelling after your treatment, apply a soothing lotion such as aloe vera or cool pack at home if required.
- We advise that you do not shave or apply deodorants /perfumes to the treated area for 24-48 hours post treatment.
- We advise that you avoid very hot baths, saunas, hot tubs/jacuzzi, massage treatments or athletic activities for 2-3 days after treatment.
- Your skin may have increased sensitivity to the sun and we recommend that you use a factor 30+ sunscreen and avoid direct sun exposure on the treated area and sunbeds for at least 4 days after your treatment.
- If you experience (rarely) itching in the treated area, avoid scratching the skin. You can take an antihistamine e.g. Piriton to alleviate the irritation.
- We advise not using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (e.g. Retin A) for 3-5 days following treatment.
- We recommend that you always maintain a good skincare routine with frequent hydration or moisturisation on a daily basis.

If you have any concerns or seek further advice please contact your trained **SMARTDiode** practitioner.