

Honestly, there isn't much you need to do.

The night of

If you're going straight home, go home, relax and go to bed.

You don't need to cleanse again simply because you've had your treatment.

If you're heading to an event or have somewhere to be tonight, you're absolutely fine to apply your makeup straight away.

When you get home, simply remove your makeup and cleanse gently with your usual gentle cleanser.

No scrubbing, no exfoliating and no need to overthink it.

First 48 hours

You're welcome to use your favourite skincare, but I would keep things gentle and stay away from anything too strong or active.

I'd also wait a full week before exfoliating.

The one thing I do want you to be diligent about is sun protection.

Day 3 to 7

Continue with your usual skincare and your sunblock. That's it.

Week 2 to 4

Just continue with your usual skincare and sunblock, nothing more is needed.

Your next MelaJade treatment will be around week 4, depending on what we've decided together.

What signs mean I should call you or see a doctor? Call me straight away if you experience:

- Severe or increasing pain
- Significant swelling
- Blistering or unusual skin changes
- Heat or redness that is getting worse rather than settling
- Anything that feels unusual or concerning to you

If you're worried, don't wait, call me.

**If you cannot reach me and you are worried, see your GP or go to your nearest emergency department.
In an emergency, call 000.**