

Redness and Flushing Aftercare

0400 477 855

Don't chase the skin. Let it settle.

The night of

I have already cleansed, prepared and treated your skin in clinic, so you do not need to cleanse it again or apply skincare tonight.

Please leave the treated area alone and allow it to settle.

If you absolutely feel you need to cleanse, use tepid water and your dermaviduals Essential Cleansing Cloth, very gently.

First 48 hours

You are still within the Zero Therapy period.

The treated area should remain free from skincare products.

Use tepid water and dermaviduals Essential Cleansing Cloth, and nothing else on the affected area unless I have specifically instructed you otherwise.

Avoid unnecessary heat, including: Hot showers directly over the area · Saunas and steam rooms · Excessive exercise if heat triggers your flushing · Excessive sun exposure · Facial massage or rubbing · Scrubs and exfoliation · Retinol, acids and other active products

Wear your SPF 50+ as directed, while following the specific instructions I have given you regarding the treated skin.

Day 3 to 7

The affected area remains in the Zero Therapy phase through Day 10.

Your only cleansing support remains tepid water and dermaviduals Essential Cleansing Cloth.

Keep the skin cool, calm and protected.

Week 2 to 4

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- 1 Use your dermaviduals Milk Cleanser if cleansing is required, followed by your recommended dermaviduals cream and serum, if one has been selected for you.
- 2 Finish with your daily SPF 50+, according to what I have recommended for your skin.

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- 1 Cleanse gently with dermaviduals Total Cleansing Cream, then apply your dermaviduals Base Cream Classic or your recommended cream.

What is not something to ignore Please contact me if you experience:

- Increasing or significant swelling
- Severe or worsening pain or burning
- Blistering or blister-like lesions
- Skin that is becoming progressively more inflamed rather than settling
- Significant crusting, weeping or open areas
- A spreading rash or reaction that is unusual for you
- Any symptom that feels distinctly different from what we discussed before your treatment

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

I am a cosmetic skin practitioner. I am not a doctor or a nurse, and I do not diagnose skin conditions.

Longevity Lounge Esthetics, Shop 14 to 16, 413 to 417 New South Head Road, Roma Arcade, Double Bay NSW 2028