BELSANTÉ
CLINICAL SKINCARE



Aftercare guide

Protecting and caring for your skin after your **Advanced Electrolysis** treatment

BE WELL. BE BEAUTIFUL.

BELSANTÉ
CLINICAL SKINCARE



About your aftercare

This guide will help you to take the very best care of your skin after each Advanced Electrolysis treatment at Belsanté.

Depending on the reason for your treatment—as well as your general health and the unique requirements of your skin—**your Electrologist may advise that you adhere to additional measures and/or protections** (beyond those described in this guide) as part of your aftercare programme.

To ensure that your skin can properly heal—and to help prevent scarring or other damage to your skin as it continues to recover—**it is essential that you carefully follow this guide, and all other aftercare recommendations** provided by your Electrologist.

Your safety is always our absolute priority.

Before your treatment, including during your initial Clinical Skincare Assessment at Belsanté, your Electrologist will have discussed with you how to properly care for your skin following the treatment; and how you should expect your skin to heal, as long as you follow the recommended programme of aftercare.

If you have any questions or concerns about how your skin is healing after your treatment, **we're here to help you—so please don't hesitate to** contact us.

If you experience a severe or very painful skin reaction that your Electrologist did not advise or predict, **you should seek treatment from a medical professional without delay.**

BELSANTÉ
CLINICAL SKINCARE

Your aftercare timeline starts here

This guide is laid out as a timeline, starting on "day 0", as soon as your treatment ends.

You must continue to follow all of the aftercare requirements until you reach each point on the timeline where it states that you may stop doing so.

If you choose not to follow the recommendations presented in this guide—or any other aftercare advice given to you by your Electrologist—you will be putting your skin at **risk of lasting damage, scarring, and hyperpigmentation**.

Day 0
Starting immediately after your Advanced Electrolysis treatment

Your skin will likely feel a bit sore around the treated area, and you may experience some sensations of 'heat'. In addition to visible redness, and perhaps even some puffiness or mild swelling, the area may also feel a bit itchy.

This is all completely normal—but **you must avoid scratching**, to avoid damaging the skin in its fragile state.

If the urge to scratch becomes overwhelming, place a clean tissue over the area and gently tap it with your fingers to help calm the irritation.

The more intense 'heat' should calm down within a few hours, but you may experience some intermittent feelings of 'warmth' on the treated area for a few days.

The soreness, redness, puffiness/swelling and itchiness may also linger for a few days after the treatment.

> *If you opted for the **topical anaesthetic** to be applied prior to your treatment, the temporary numbing effect will gradually wear off within an hour after treatment.*

The skin around the treated area will begin to heal as soon as the treatment ends. **It is vital that you protect the skin as the healing process continues.**

To do this, you must immediately and **strictly** adhere to the following requirements:

- **Keep the skin completely dry** on and around the treated area.
- **Avoid the use of any beauty products or makeup/cosmetic products** on and around the treated area.
- **Shield and protect the skin on and around the treated area from direct sunlight.**
- **Avoid the use of sunbeds.**
- **Avoid build-ups of sweat** around the treated area. This means you will need to pause going to the gym or other forms of workout that generate a sweat.
- **Avoid saunas/steam rooms, very hot showers/baths, jacuzzis/hot-tubs, and other hot or humid environments** (including rooms with air vaporisers).
- **Avoid swimming pools** (the chlorine in the water would be extremely harsh on the healing skin).
- **Avoid swimming in the sea** (again, the salty water won't do the skin any favours when it's recovering).

BELSANTÉ
CLINICAL SKINCARE

Day 0
Starting immediately after your Advanced Electrolysis treatment
continued from page 3

- **Avoid even touching the treated area** (grime, sweat and germs on fingers can easily rub off!).
- **Avoid smoking or vaping** (the smoke/vapour can easily contaminate the skin in its fragile state).
- When you go to bed, **try to avoid lying on the treated area** (contact, abrasion and pressure on the skin may inhibit the healing process).

Remember: **you must continue to follow these requirements until advised otherwise** later in this aftercare timeline.

Day 0: In the evening on the same day as your treatment

Your Electrologist will have provided you with a **Healing Aftercare Powder**, which keeps the treated area clean, and supports the skin as it continues to recover from treatment.

At the end of the same day on which your treatment has taken place, gently apply some of the Healing Aftercare Powder **directly onto the treated area** with clean hands.

Your skin will be at its most fragile state on the day of treatment—so, with the exception of applying this powder, you should avoid touching, scratching or rubbing the treated area as much as is practically possible.

Days 1 to 3 after your treatment

By the morning after your treatment ("day 1"), you will start to see tiny scabs forming on the treated area.

It is essential that you **do not pick, scratch or otherwise remove these scabs**.

The scabs help to protect the skin while it is healing. Picking them off prematurely can very easily damage the skin, which may lead to scarring and hyperpigmentation.

You may also continue to experience some sensations of 'warmth' on the treated area, and perhaps some itchiness too. This is normal, and both of these symptoms should gradually calm down and disappear entirely within a few days.

Some redness and puffiness/swelling may also persist, but these will gradually subside too as the skin continues to heal over the next few days.

You must continue to **keep the treated area completely dry.**

From day 1 after your treatment, you can start to clean the skin around the treated area, by applying your own cleanser to a clean cloth and **very gently** rubbing it into the skin.

You must avoid the treated area while doing so, and you must also **try to avoid pulling or stretching the skin on the treated area** while cleaning the skin around it.

Continue to apply the Healing Aftercare Powder twice a day—once in the morning, and again in the evening—**directly onto the treated area**. The quantity of powder provided will be sufficient to last until day 3 after your treatment.

From around day 3 after your treatment, **the scabs will often begin to darken** in colour. This is a completely normal part of the healing process.

BELSANTÉ
CLINICAL SKINCARE

Days 1 to 3 after your treatment

continued from page 4

Remember: the scabs are there to protect your skin as it recovers from treatment.

You must avoid picking or scratching at them. If the area becomes itchy, continue using the 'tapping' technique with a clean tissue, as mentioned on page 3 of this guide.

As much as is practically possible, you should **try to physically shield the treated area from direct sunlight**—whether by limiting time spent outdoors, staying in the shade, or keeping the treated area covered with clothing.

Days 4 to 6 after your treatment

From day 4:

- ✓ You no longer have to keep the treated area completely dry.
- ✓ You can now have a bath or shower without protecting the treated area from water, but **you must continue to avoid very hot baths/showers.**
- ✓ You can now clean the treated area using your regular cleansing/toning products. You should **gently** apply the products to the treated area using clean hands (rather than with a cloth or cotton wool pad, etc.), **taking care not to press or rub the area too heavy-handedly**.
- ✓ You can now apply your usual moisturising/hydrating cream and/or nourishing cream directly onto the treated area.
- ✓ You can now apply sunscreen onto the treated area (SPF50 is recommended).

You must use sunscreen on the treated area whenever it is exposed to direct sunlight. Remember that even on cloudy days, the sun's UV rays continue to reach us.

You must continue to avoid removing the scabs. They should begin to drop off naturally from around days 5 or 6, but it is essential that you allow them to detach in their own time.

Days 7 to 13 after your treatment

After around one week following your treatment (give or take a day or two), all of the scabs will eventually have dropped off from the treated area.

When all of the scabs have naturally detached from your skin:

- ✓ You can start to use more of your regular beauty products on the treated area. However, **you must avoid using exfoliators on the treated area, as well as other products that may be 'harsh' on the skin** (such as those that contain fruit acids, hyaluronic acids, AHAs, etc.). We strongly recommend that you **consult with your Electrologist before applying other beauty products**—besides cleansers/toners, moisturisers and nourishing creams—onto the treated area at this stage.
- ✓ You can apply makeup (and use your regular makeup remover) on the treated area.
- ✓ You can lie down/sleep normally, without having to avoid putting pressure on the treated area.

If you wish:

- ✓ You may resume smoking/vaping.

BELSANTÉ
CLINICAL SKINCARE

Two weeks
after your treatment

Your skin's appearance should be much improved, but it is still continuing to heal.

You can now:

- ✓ Resume workouts and going to the gym.
- ✓ Use **enzymatic** exfoliators on the treated area (however, you must continue to **avoid using abrasive exfoliators**).
- ✓ Start to spend more time in direct sunlight without physically shielding the treated area (but you **must** continue to protect it with sunscreen).

As the healing process continues, it is essential that you **keep using sunscreen on the treated area whenever it is exposed to direct sunlight (even on cloudy days)**.

Three weeks
after your treatment

You can now:

- ✓ Use saunas/steam rooms, and enter other hot or humid environments (including rooms with air vaporisers).
- ✓ Enjoy a nice hot bath or shower.

Four weeks
after your treatment

You can now:

- ✓ Use swimming pools and jacuzzis/hot-tubs.
- ✓ Resume sunbathing and/or use of sunbeds.
- ✓ Swim in the sea (**as long as the treated area is protected with water-resistant sunscreen**).
- ✓ Use abrasive exfoliating products on the treated area.
- ✓ Use all of your other regular beauty products on the treated area.

Six weeks
after your treatment

You can now:

- ✓ Allow the treated area to be exposed to direct sunlight without sunscreen.

  However, for the safety and beauty of your skin, ***we recommend that you always use sunscreen on any part of your skin that is exposed to direct sunlight.***

Need help with your aftercare?

If you have any questions about your aftercare, or concerns about how your skin is healing after your treatment, we're here to help—so don't hesitate to contact us.