



Pre-Treatment Advice

This advice is given to ensure you receive a safe and effective treatment. Please follow the Pre-Treatment Advice below before undertaking a SQT UK professional treatment

Medication - please advise us of any medication you are taking or have taken in the 2 weeks prior to your appointment, Sun exposure & Sunbed use is strictly prohibited when undergoing SQT treatments for at least 2 weeks before & after treatment. Nasal/Tanning injections are strictly prohibited at all times

The treatment should not be performed if you suffer with any of the following conditions:

- Keloid or raised scarring
- History of eczema, psoriasis and other chronic conditions
- History of actinic (solar) keratosis
- History of herpes simplex infections unless under control
- History of diabetes or autoimmune disease
- Presence of raised moles, warts or any raised lesions on targeted area
- Collagen vascular diseases or cardiac abnormalities
- Scleroderma
- Rosacea and blood-clotting problems
- Active bacterial or fungal infection
- Immunosuppression
- Surgical or accident scars less than six months old
- Broken or injured skin
- You have used strong acidic products in the previous 2 weeks including tretinoin and oral vitamin A supplements
- Sun exposure within 2 weeks of treatment

Drink lots of water before and after your SQT treatment. Avoid Caffeine, alcohol and smoking for at least 48 hours before and after treatment. Avoid anti-inflammatory drugs for 48 hours post procedure.

DO NOT have the SQT treatment if you have had any of the following treatments within the specified timeframe below:

BOTULINUM TOXIN - 2 weeks

DERMAL FILLERS

- Hyaluronic Acid (HA) based - 2 weeks
- Vital/Hydrate - 6 weeks
- Sculptra - 6 weeks
- Radiesse - 6 weeks

CHEMICAL PEELS & EXFOLIATION

- Microdermabrasion/ Hydrafacial - 2 weeks
- Superficial Peel - 2 weeks
- Medium/Deep Peel - 6 weeks

SKIN BOOSTERS - 2 weeks

EYEBROW TINT & WAX - 7 days

MEDICAL MICRONEEDLING - 4 weeks

RF MICRONEEDLING - 4 weeks

LASER, LIGHT & RADIOFREQUENCY

- IPL - 1 week
 - Laser Hair Removal - 2 weeks
 - Resurfacing/Ablative treatments - 6 weeks
 - Accutane, Chemotherapy, Radiation treatment - 6 months - 1 year
- Always get doctors approval prior to treatment.



Post-Treatment Aftercare Advice

Post Treatment aftercare advice to follow after the SQT treatment
Suitable for all SQT treatments

Day 1

Please avoid doing anything to your skin anything to you skin for 24 hours after your treatment, the spicules will be in your skin for up to 72 hours so its normal to still feel them after treatment, they are not absorbed by the body and will naturally discharge when skin cell renewal starts to occur. Please don't excessively rub your skin.

Day 2 to 7

AM – Gentle Cleanse using a facewash with no irritating or exfoliating ingredients, follow with a rose water toner containing no alcohol, followed with a pharmaceutical grade hyaluronic acid and broad spectrum SPF50. We recommend the **BOSSFACE Cosmeceuticals** range but your skin specialist may also recommend you an alternative range. You can use your SQT recovery serum as many times as you like while your skin is recovering. If using this, please apply before using your hyaluronic acid after cleansing and toning.

PM – Gentle Cleanse, Hyaluronic Acid, Gentle Night Cream (No active ingredients such as glycolic acid, retinol etc)

Please **DO NOT** use anything containing alcohol, face wipes, tissue, soap, or any other exfoliating products and products with pellet/grain (scrubs)

1. If the skin becomes itchy this is normal, you can pat itchy skin with your recovery serum/toner or wet your face with a cotton pad accordingly. Do not scratch the dry and itchy areas to avoid discomfort making it feel worse.
2. Peeling is possible on the third day after treatment, please do not peel off forcefully with your hands, instead, moisturize the skin thoroughly. If you remove dead skin cells forcefully before they are ready to shed, the skin may scar or become troublesome. only 26% of people peel on their first Resurfacing or Revitalising SQT session and only 1 in 10 peel from Anti Ageing and Nourish & Hydrate, if you don't peel dont panic - it doesnt mean its not working.
3. Make sure to protect the skin and avoid the sun after treatment. Always apply a non-irritating sunscreen as skin is very sensitive to UV rays after the procedure. (Freckles or pigmentation might occur when skin is exposed to the sunlight without applying sunscreen.)

DO NOT use steam/sauna/swimming pools or extreme heat for 5 days post treatment

Only start active ingredients such as Retinol, AHA,BHA and potent Vitamin C AFTER 7 DAYS or once skin is fully healed

Avoid Washing hair for 6 hours after treatment

Exercise is fine after 24 hours

Make up can be worn 24 hours later but you may want to avoid when the skin starts to peel as it will be more noticeable and isn't as hygienic. If necessary, use a tinted SPF or mineral formulation which is kinder to skin

Redness and inflammation can last up to 72 hours post treatment – if redness persists longer than 72 hours, please consult your practitioner

Remember to get your next session booked in with your therapist 2-4 weeks for optimum results.