

THREAD VEINS & LESION REMOVAL

PRE & POST TREATMENT CARE

Treatments may include **Advanced Electrolysis or Cryotherapy**, depending on the concern being treated. Correct preparation and aftercare help protect the skin, support healing and achieve the best possible result.

BEFORE YOUR TREATMENT

- Avoid excessive sun exposure and **do not use sunbeds**.
- Avoid **retinol/retinoids, exfoliating acids, scrubs and strong active skincare for 3-5 days before** when treating the face.
- Avoid waxing, threading and depilatory creams on the area for **5-7 days before**.
- Do not pick, scratch or irritate the area before treatment.
- Where possible, arrive with the treatment area **clean and free from make-up, creams or lotions**.
- Tell us about changes to your **health, medication, allergies, pregnancy/breastfeeding status or skin condition**.
- Tell us if you take **blood-thinning medication**, have problems with wound healing or are prone to scarring.
- Treatment may be postponed if the area is **infected, inflamed, sunburnt, broken or significantly irritated**.
- All lesions will be assessed during consultation to ensure they are appropriate for treatment.
- **Moles require GP consent/confirmation before removal**. Any lesion that appears suspicious, has recently changed or cannot be confidently identified will not be treated and should be medically assessed.

AFTER YOUR TREATMENT

Temporary **redness, swelling, tenderness or sensitivity** is normal. The area may form a small crust or scab as it heals. This is an important part of the healing process.

- Keep the treated area **clean and dry for the first 24 hours**, unless advised otherwise.
- Avoid unnecessary touching, rubbing or scratching.
- **Do not pick or remove any crust or scab**. Allow it to fall away naturally.
- Avoid make-up directly over the treated area for **24-48 hours**, where possible.
- Avoid **retinol, exfoliating acids, scrubs and strong active skincare for 5-7 days** on facial treatment areas.
- Avoid strenuous exercise and excessive sweating for **24-48 hours**.
- Avoid **saunas, steam rooms, hot tubs and swimming for 48 hours**.
- Avoid waxing, threading and depilatory creams over the area for **7 days**.
- Avoid further professional treatments or skin devices over the area for **2 weeks**.
- Protect exposed areas with **SPF 30-50 daily** once appropriate, avoid excessive direct sun exposure and **do not use sunbeds**.
- Do not apply fragranced or irritating products while the area is healing.
- Healing varies by treatment, size, location and skin response. Small crusts or scabs may remain for approximately **5-14 days**.
- Some lesions may require **more than one treatment** to achieve the desired result.

PLEASE REMEMBER

Do not disturb healing skin, as this can increase the risk of **infection, prolonged healing, pigmentation changes or scarring**. Temporary changes in skin colour can occur and may take several weeks or longer to fully settle.

If you experience **increasing pain, heat, redness, swelling, discharge, signs of infection or anything that concerns you**, please contact us for advice. Seek medical attention for any severe or rapidly worsening reaction.

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