



## **ELOS Before and After Treatment Care**

**Please take the time to read this information carefully so as to make your treatment safe and to give you the best results possible. If there are any further questions please contact Heavenly Escape and speak to one of our trained therapists.**

### **CONSULTATION PROCESS**

Prior to your first ELOS treatment, your therapist will conduct a consultation with you to determine:

- ✧ Treatment expectations
- ✧ Contraindications
- ✧ Pain tolerance (Even though ELOS technology is much gentler than traditional IPL & Laser treatments, some clients require the use of an anaesthetic cream prior to ELOS treatment)
- ✧ The exact treatment area and pricing
- ✧ Treatment schedule
- ✧ Skin analysis
- ✧ Perform a patch test to check your compatibility for your chosen treatment

All the above will result in a more effective course of ELOS treatments for you.

We are using the most advanced technology (ELOS) to provide you with the safest and most effective treatments. In order to ensure the best results possible for you it is important that you carefully read this brochure and ask questions if anything is not clear, or if you require additional information before or at any stage during your ELOS treatment.

Like you, we believe your skin is too important to take unnecessary risks!

### **PRE TREATMENT INSTRUCTIONS**

#### **Conditions that are or may exclude you from ELOS treatments:**

##### ***Pregnancy (including those people who are attempting to conceive)***

Whilst there have been no proven links between ELOS treatments and birth defects, it is not considered safe to administer ELOS treatments to pregnant women or those trying to conceive. Additionally, as this is generally a time of hormonal change ELOS treatments may not be as effective.

##### ***Pacemakers/Cardiac Irregularities***

##### ***Active infection or a history of Herpes in the treatment area***



ELOS treatments may spread the infection, so it is best to postpone treatments until there is no sign of infection.

***A history of Keloid scarring (raised pigmented scars)***

If you are prone to keloid scarring healing can be slower and a little more noticeable.

***Raised moles/suspicious skin lesions***

We do not treat raised moles or areas that have the appearance of possible skin cancer until you present us with a medical certificate clearing the area of malignant growths.

***Tattooed areas***

***People under 18 years***

As the teenage years are times of constant hormonal change the effects of ELOS treatments may not necessarily be as lasting as if they were administered during less hormonal times. As such, we require parental/guardian written consent to the treatments as well as customer.

***Diabetes***

As advanced diabetes can have a slower healing time and complications, a Doctors certificate will be required prior to ELOS treatments.

***Epilepsy***

*Accutane within the last 6-12 months*

Cease taking Accutane (isotretinoin) at least **6-12** months prior to ELOS treatments

***Implants (cheek, breast)***

Please consult with the ELOS therapist prior to your ELOS treatment to ensure there are no adverse effects.

**Contraindications to Skin Care:**

***Chemical/green peels***

Wait 2 months before ELOS treatments

***Botox/Collagen injections***

Wait 2 weeks after injections before ELOS treatments

***Products with AHA or AHB ingredients***

Cease using these products 1 week prior to treatments



*Maintenance of a complete skin care regime is advised prior to, during and after ELOS treatments to further enhance ELOS results. Consult with your therapist as to what products will benefit your outcome.*

**Sun Exposure:**

Ensure the treatment area is not directly exposed to sun or solariums for 4 weeks prior to treatments. It is also recommended that you abstain from active tanning after your treatments.

**Always use a sunblock that protects you from UVA & UVB rays at all times. For your face, neck & décolletage mineral makeup is recommended as this will give a broad spectrum physical block to ensure you are well protected.**

**Self Tanning methods:**

Wait 1 week after self tanning treatments including lotions and sprays.

**Medication**

- ✧ Some medications can cause your skin to be more sensitive to light and as ELOS treatments use light, we need to be fully informed of your medications and dosage. **It is requested that you bring all current medications that you are currently taking to the initial consultation so that the Therapist can advise you correctly.** Additionally, ANY changes to medications or dosage must be advised to the ELOS therapist during the course of ELOS treatments.
- ✧ Do not take aspirin, neurophin, naprosin or naprogesic for 10 days prior to each treatment. If you need pain relief we recommend the use of Panadol while undertaking ELOS treatments.
- ✧ Abstain from alcohol for 24 hours prior to each treatment.
- ✧ Clients with a history of cold sores should take antiviral medication 1 day prior to the ELOS treatment if upper lip, chin or bikini area is to be treated, and this should continue for 10 days after the treatment.

**Skin preparation prior to treatments**

*Hair Removal*

The treatment area needs to be free from hair prior to the treatment, however, Waxing, tweezing and electrolysis cannot be undertaken for at least 4 weeks prior to the first treatment or during the ELOS treatment period.

Shaving, bleaching and depilatory creams ONLY.



In order for your therapist to identify the treatment area accurately during the initial consultation, **do not remove hair from the treatment area prior to the first treatment.**

After the initial treatment the ELOS therapist will advise if you need to remove hair prior to the next ELOS session or not.

#### *Skin Rejuvenation treatments*

Your ELOS therapist will cleanse the treatment area prior to each ELOS treatment. No other skin preparation is required.

### **POST TREATMENT INSTRUCTIONS**

The area(s) treated are more delicate and sun sensitive than those areas not included in your ELOS treatment. As a result, the following instructions are important to read and follow in order to maximise the effectiveness of your treatments.

Possible immediate results:

- ✧ Slight/mild Redness
- ✧ Swelling in the treated area
- ✧ Slight blistering/crusting
- ✧ Darkening of pigmentation
- ✧ Warm sensation in the treated area.

The above are not usual, but can occasionally occur. Ice packs, cold compresses and the use of Advanced Vitamin Therapy which your therapist will prescribe will alleviate this very quickly. Application of an antibiotic cream to blisters can assist in healing, but ensure you report all instances of blistering/crusting to your therapist.

*Following Skin Rejuvenation treatments* is it quite usual for freckles, pigmentation, capillaries, spider veins to go darker in the 2 weeks following treatment prior to lightening. This is a normal part of the process and no additional post treatment care is required in these instances. If crusting occurs on areas treated, **do not peel off the crusted layer**; allow it to naturally heal, thus enabling a more effective result.

Following Hair Removal treatments hair will continue to appear above the skin before falling out. This is usual as the ELOS treatment procedures does NOT pull the hair from the follicle; rather it destroys the follicle, meaning that the hair already in the follicle will continue to be pushed to the skin's surface. You will notice that hair regrowth will be slower & less dense after each ELOS treatment, but in order to ensure all hair in the treatment area is treated during the correct growth stage, a sequence of treatments is required. Your ELOS therapist will advise you further on the treatment process during the initial consultation.



**Sun Exposure:**

To prevent pigmentation irregularities, it is advised that the treatment area is not directly exposed to sun, solariums, tanning beds during ELOS treatment periods.

**Always use a sunblock that protects you from UVA & UVB rays at all times.**

**Self Tanning methods:**

Wait 1 week after self-tanning treatments including lotions and sprays.

**Medication**

- ✧ Ensure you advise your Therapist of ANY changes to medications or dosage during the course of ELOS treatments.
- ✧ Do not take aspirin, neurophin, naprosin or naprogesic for 10 days prior to each treatment. If you need pain relief we recommend the use of Panadol while undertaking ELOS treatments.
- ✧ Abstain from alcohol for 24 hours prior to each treatment.
- ✧ Clients with a history of cold sores should take antiviral medication 1 day prior to the ELOS treatment if upper lip, chin or bikini area is to be treated, and this should continue for 10 days after the treatment.

**Skin care**

To achieve maximum results from your ELOS Skin Rejuvenation we recommend the use of Advanced Vitamin Therapy. Speak to your therapist about the best prescription for your skin type.

Care for the treated area gently for 4-5 days following ELOS treatments. Avoid harsh scrubbing, exfoliation of the area for 1 week after treatments.

Makeup and product can be applied immediately following treatments. We recommend the use of mineral makeup which is a broad spectrum physical sun block.

***You have invested your time & money in ELOS treatments – Make sure you look after your investment!!!!***