

# Post Care Leaflet

## Radiofrequency

### **What to Avoid**

- To ensure the right healing environment, for at least 2 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid any heat treatments for 48 hours
- Avoid any waxing on the treatment area for 48 hours
- Avoid self-tan and sunbeds during the treatment course.
- Apply SPF 30 daily.