

# NUE Regen/Bright/Camouflage

Pre & Post care



## Before

It is important to follow the pre care advice to prepare your body & skin to achieve the best possible results. Please read and follow the guidelines below closely.

<i>2 Weeks before</i>	<ul style="list-style-type: none"> <li>● Avoid sunbeds, intense sun exposure or tanning products on the areas. (skin must be natural colour for accurate pigment matching.)</li> <li>● Stop using any active skincare on the area (retinol, AHA/BHA acids, benzoyl peroxide, strong exfoliants).</li> <li>● Do not have any chemical peels, microneedling, laser or other resurfacing treatments on the area.</li> <li>● Keep the skin well moisturised and hydrated.</li> <li>● Exfoliate gently regularly if you have any dry skin.</li> </ul>
<i>7 Days before</i>	<ul style="list-style-type: none"> <li>● Avoid fake tan in the area.</li> <li>● No waxing, threading or hair removal where we will be working.</li> <li>● Keep the area free from irritation and do not pick or scrub dry skin.</li> <li>● Stay hydrated and avoid heavy drinking as this can make the skin more dry and sensitive.</li> </ul>
<i>24-48 hours before</i>	<ul style="list-style-type: none"> <li>● Avoid anti-inflammatory meds (if medically allowed, such as ibuprofen, aspirin as they can increase bleeding/bruising.</li> <li>● Avoid alcohol and caffeine for 24 hours - will help reduce sensitivity &amp; bleeding.</li> <li>● You will feel more sensitive at certain times of the month, you can take paracetamol before if required.</li> </ul>
<i>On the day</i>	<ul style="list-style-type: none"> <li>● Arrive with clean skin - no lotion, perfume, fake tan, make up, SPF or oils on the area.</li> <li>● Wear loose clothing to avoid rubbing on the treated area afterwards.</li> <li>● Eat as normal beforehand, feel free to bring water or slightly sugary drink if we're working on a large area.</li> <li>● Avoid wearing light colours/white in case of staining. (wear at your own risk).</li> <li>● Do not bring children or plus ones to your appointment</li> </ul>

## After

Proper aftercare is vital for optimal healing and the best possible results. Please read and follow the guidelines below closely.

<i>For 24 hours</i>	<ul style="list-style-type: none"> <li>● Keep the area dry.</li> <li>● Do not touch the area.</li> <li>● If we have used second skin, leave it on for 24 hours then peel off by pulling down a corner, not up, pull down and it will lift away. It may help to do in the shower.</li> </ul>
<i>Do</i>	<ul style="list-style-type: none"> <li>● Clean gently after 24 hours with a mild, fragrance free soap &amp; lukewarm water.</li> <li>● Pat dry with a clean towel.</li> <li>● Apply aftercare ointment/gel morning and night for 1 week.</li> <li>● Stay hydrated to support skin recovery.</li> <li>● Use spf 50 when outside after 7 days.</li> </ul>
<i>Don't</i>	<ul style="list-style-type: none"> <li>● Touch or pick the treated area.</li> <li>● No swimming, saunas, steam rooms, soaking in baths or excessive sweating for at least 7 days.</li> <li>● Avoid sun exposure or tanning for 30 days or until hyperpigmentation subsides.</li> <li>● Avoid tight clothing/friction over the area while its healing.</li> </ul>
<i>Things to note*</i>	<ul style="list-style-type: none"> <li>● 0 - 24 hours: Mild swelling and redness appear, usually subsides within 24 hours.</li> <li>● 36 hours onwards: Area may darken - this is normal. Gradual lightening occurs over 2-6 weeks</li> <li>● Some clients may heal faster with minimal darkening, within a few days.</li> <li>● Clients with darker skin tones may take longer to return to their natural shade.</li> <li>● If you have prolonged darkening continue spf, gentle cleansing &amp; moisturising. Your skin may just take a little longer to heal.</li> <li>● If redness/ swelling lasts longer than 5-7 days stop all aftercare products and allow the skin to recover naturally.</li> <li>● Blistering or mild fever can occur in rare cases.</li> <li>● If any of these symptoms persist please contact Angela/ seek medical advice if needed.</li> </ul>