



# AFTERCARE INSTRUCTIONS

## Skin Tag Removal

Immediately following the treatment the skin appears quite red, inflamed and slightly swollen. It will probably feel very hot, sore and may even sting a little. The initial reaction normally subsides after several hours.

**It is essential that the following advice is carefully adhered to:**

- Apply a soothing product with clean fingertips or damp or damp cotton wool to the treated area. Apply quite liberally always on top of the existing application. (This will keep the area cool and prevent infection from entering). If the area feels particularly hot and uncomfortable, place cold dampened clean cotton wool pads soaked in the soothing product into treated area.
- Avoid direct heat such as hot baths and showers, saunas, or exposure to ultraviolet light (sun or sunbeds). Also be careful of a hot hairdryer.
- Use minimum of SFP 25 over areas treated (and exposed to UV light)
- Avoid deodorant (if had underarm area treated i.e. skin tag)
- Do not apply any other product to the treated area unless specifically advised to.
- Avoid touching the area unnecessarily.
- Aim to wash/cleanse around the treated area and pat dry (avoid rubbing).
- Avoid anything that may be associated with causing the skin blemish in the first place (blowing noses hard, alcohol, spicy food, glasses too tight etc...)

After treatment, a very fine scab formation will become noticeable. Do not encourage its removal i.e. do not tamper with the scabbing and be careful after washing not to rub too vigorously with a towel so as /nor to disturb the natural healing process.

After skin treatment the blemish will probably immediately appear smaller, darker and harder than before. Again, allow the natural healing process to occur and do not encourage removal too quickly.

Normally if treatment is successful, the blemish will simply come away from the skin a few days following the treatment. The skin underneath will look a little pink and fresh and should be treated for the next 48 hours as already advised.

Normal skin healing takes approximately 10-14 days although some people find they heal quickly and others more slowly.