



PATIENT INFORMATION GUIDE

ULFIT PRE CARE:

- Cease prescription retinol products 5 days before treatment
- Ensure skin is well hydrated by increasing fluid intake 1 week prior
- Do not take anti inflammatory drugs such as ibuprofen, Voltaren for 24 hours before unless prescribed
- You may take paracetamol ½ hour before your treatment
- Do not expose the treatment area to sunlight unprotected for at least 24 hours prior to your procedure.

ULFIT POST CARE:

Flushing, redness, tingling and sensitivity are normal following Ulfit, these will resolve over 24 hours to 2 weeks. Rarely tingling may last up to 3 weeks.

- Use gentle skin care products and simple moisturisers after your Ulfit Treatment
- Refrain from using occlusive ointments and make up on skin for 8 hours
- Do not expose the treated area to further heating for 24 hrs i.e. Avoid strenuous exercise, saunas, hot baths, hot showers etc.
- Avoid taking anti inflammatories for 24 hours after your procedure unless prescribed
- You may take paracetamol following your procedure
- Do not expose the treated area to sunlight for 24 hours unless protected by hat and SPF