

DMK Pre and Post care information

Pre Care Information

Prior to treatment

- Avoid alcohol the night before and the day of treatment.
- If the area being treated is the body, wear loose clothing on the day of treatment.
- Drink at least a litre of water the day before and on the day of treatment- this help regulate the body's temperature.
- Do not exercise immediately before or after the treatment.
- Arrive 5/10 mins early so that you can relax.
- Inform your practitioner if you are taking any medication or vitamins between treatments.
- Inform your practitioner if you are or think you may be pregnant.
- Do not expose the skin to UV at least one week prior to treatment (sun or tanning beds).
- Do not exfoliate the skin less than one week before treatment.

Post Care Information

- Do not expose the skin to UV for at least 2 weeks.
- Do not depilate for 2 weeks (waxing, plucking, threading etc).
- Do not use bleaching creams or perfumed products for at least a week.
- Do not pick or scratch the treated area.
- Avoid rough handling of the treated area.
- Avoid very hot baths, showers, steam baths, saunas etc for at least 2 weeks.
- Avoid swimming in strong chlorinated water for at least a week.
- Avoid exfoliating at home for at least 1 week.
- Avoid rough sports for 3 days
- Avoid wearing tight clothing for at least 2 weeks.
- Keep the area clean and dry.
- Hydrate the body by drinking plenty of water.
- Use SPF 30+.
- Do not apply make up for 48hrs.
- A cool pack can be used to ease any discomfort and cool an irritated area.
- Contraderm can also be used and specific recommended products from your Danne practitioner should only be used to calm and protect a sensitised area.

Additional Information

- Erythema (redness) and oedema (swelling) may occur within 24hrs of treatment.
- Irritation, a mild itching or burning sensation or discomfort (similar to sunburn) may occur within 48hrs of treatment.
- Some mild Hyperpigmentation may occur after treatment, this is usually temporary.
- If propionibacterium is already present or under the skin there may be an increase of acne for a short period of time.
- Exposure to UV light can cause hyperpigmentation so should therefore be avoided.
- Slight flaking and peeling may occur and be present for up to 72hrs after treatment.

Possible Side Affects

- Discomfort- you may experience mild tingling during treatment, this is normal, if it persists inform your therapist.
- Change of pigmentation- hyperpigmentation can occur in people with darker skin tones or people recently exposed to UV light, please inform your therapist if you have been exposed to UV light within the last 4 weeks.
- Medication- If you have had any change in medication or illness, please notify your therapist.
- Pregnancy/sensitive skin- If you suspect you may be pregnant, please notify your therapist as you may not be suitable for treatment.
- Prescription- Please only use the products that your therapist has prescribed to you during your course of treatment.