



Tixel aftercare advice

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications

- Avoid application of creams, lotions, SPF and make up for 6 hours minimum post treatment as heat can become trapped in the skin causing discomfort. Ideally please avoid applying anything to the treatment area until the following day when your normal skincare routine can be resumed.
- Avoid prolonged exposure to heat such as hot baths, saunas, steam rooms and exercise for up to 24 hours
- Avoid sun exposure where possible for up to four weeks. If unable to do so ensure the application of a broad-spectrum SPF 50 + to the area and a wide brimmed hat. Sunglasses should be worn after treatment of the eye.
- Avoid the use of exfoliating products and Alpha Hydroxy Acid and vitamin A based products for at least 3 days, as this may cause irritation to the area. Products include retinols, salyclic, glycolic, lactic acids.
- Avoid touching or irritating the treated area. It is common to have incrustations from the metal plate. Do not attempt to remove these as it may cause damage to the skin.
- Follow a gentle skin care regime to the treated area for 3 days post treatment
- The skin may become feel increasingly dry and tight for a number of days post treatment, if this does occur it is advisable to use a gentle moisturiser regularly throughout the day. Common side-effects of treatment include:
 - Swelling and redness for 3 – 4 days
 - Incrustations and increased skin dryness (sandpaper like sensation)
 - Tightness

Should you need any further advice, please call Hampton Clinic on 01675 760644