

Alastin Skincare Aftercare Instructions

ALASTIN SKINCARE AFTERCARE INSTRUCTIONS

Thank you for choosing Alastin Skincare products. Alastin formulations are designed to support skin health, improve texture, and enhance results from treatments such as laser, microneedling, or injectables. Proper aftercare and product use are essential to maximise benefits and maintain healthy skin.

IMMEDIATELY AFTER TREATMENT (IF APPLIED POST-PROCEDURE)

Mild Redness or Sensitivity

It is normal to experience mild redness, warmth, or slight sensitivity after application, especially if combined with procedures. These effects should settle within a few hours to 1–2 days.

Avoid Touching the Treated Area

Do not rub or scratch the skin immediately after application or treatment to prevent irritation.

DAILY SKINCARE ROUTINE

Cleansing

Use a gentle, non-alcoholic cleanser to wash your face twice daily. Avoid scrubbing, exfoliating, or using harsh products while skin is sensitive.

Application of Alastin Products

Apply Alastin products as instructed by your practitioner, usually twice daily. Use a gentle, upward motion to spread the product evenly on clean, dry skin.

Moisturising

Follow with a gentle, non-fragrance moisturiser if needed to maintain hydration.

SUN PROTECTION

Always use a broad-spectrum sunscreen SPF 30 or higher daily, even on cloudy days. Avoid direct sun exposure during peak hours to prevent skin damage.

AVOID DURING INITIAL USE (IF POST-PROCEDURE)

Harsh exfoliants, retinol, or alcohol-based products for at least 1–2 weeks. Excessive heat, saunas, steam rooms, or intense exercise immediately after treatments.

EXPECTED EFFECTS & MONITORING

Skin may appear smoother, firmer, and more radiant over several weeks. Some mild flaking or dryness may occur as the skin adjusts; continue moisturising. Full benefits are generally seen after consistent use for 4–8 weeks.

WHEN TO CONTACT US

Seek advice if you experience:

Conditions requiring contact

- ☐ Severe redness, irritation, or swelling that does not improve.
- ☐ Signs of allergic reaction such as itching, hives, or difficulty breathing.
- ☐ Any unusual changes in skin appearance or sensation.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT ACKNOWLEDGMENT

- ☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout