



CACI PRE AND POSTCARE ADVICE + CONTRAINDICATIONS

PRECARE ADVICE:

- Do not use retinols, exfoliating acids (AHAs, BHAs, PHAs etc) or physical exfoliants (scrubs etc) 48 hours prior to treatment unless suggested otherwise by your therapist
- Do not use IPL/Laser for up to 5 days prior
- Wait at least 2 weeks after Botox/filler/microneedling treatments before having a CACI treatment
- Avoid direct sun exposure and tanning beds 48 hours before the procedure, and no recent sunburn or overly tanned skin
- **Drink plenty of water** to help with conductivity and skin hydration

ENSURE YOU TAKE THE FOLLOWING PRECAUTIONS FOR THE NEXT 48-72 HOURS AFTER TREATMENT:

- Do not undertake any facial treatment within 48 hours of your appointment unless suggested otherwise by your therapist
- Do not apply any exfoliating skincare products for 72 hours after a CACI treatment
- Drink plenty water to flush away any toxins released during the CACI treatment
- Avoid showering before bed to allow facial products maximum time to treat the s

Additional Advice

Use a sunscreen. Sunlight contains Ultraviolet (UV) rays, which are the main cause of skin ageing and can cause skin cancer. We recommend a high SPF sunscreen that protects the skin from UVA and UVB rays and environmental aggressors. We have a wide selection in clinic available for purchase.

CONTRA-INDICATIONS

Absolute (Do not proceed):

- Pregnancy
- Epilepsy
- Pacemaker or other electrical implants
- Heart conditions (unless with GP approval)
- Cancer (unless in remission and with GP approval)
- Recent facial surgery
- Metal plates/pins in the treatment area
- Thrombosis/Phlebitis in the treatment area
- Cold sore in the treatment area
- Open wounds

Relative (if applicable, consult with your therapist):

- Diabetes
- Skin infections (e.g., acne cysts, eczema flare-ups)
- Severe rosacea or hypersensitive skin
- Recent Botox or dermal fillers in the treatment area (wait at least 2 weeks)
- Abrasions

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