

# DERMATOLOGY AFTERCARE

Thank you for visiting our dermatology clinic. To maintain the health of your skin, please follow these aftercare instructions:



## 1. Post-Treatment Care:

- Follow specific instructions provided by your dermatologist for any treatments or procedures performed.
- Use prescribed medications or topical treatments as directed.



## 2. Skin Care Routine:

- Cleanse your skin gently with a mild cleanser.
- Apply a moisturiser and sunscreen daily to protect your skin.



## 3. Avoid Irritants:

- Avoid using harsh skincare products that may irritate your skin.
- Refrain from picking or scratching any treated areas.



## 4. Hydration:

- Drink plenty of water to keep your skin hydrated from within.



## 5. Follow-Up:

- Schedule follow-up appointments as needed to monitor your skin condition and treatment progress.

## Contact Information:

If you have any questions or concerns, please call our clinic at 01753 893383.

