



SLAY

TREATMENT
GUIDE



Contents

1

INTRODUCTION

2-4

DERMAL FILLERS & ANTI-WRINKLE INJECTIONS &
HA SKIN BOOSTERS

5-6

BODY CONTOURING

7-8

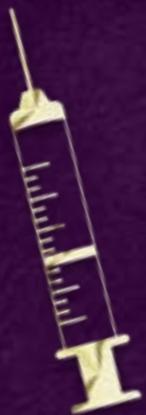
PDO THREAD REJUVENATION & LIFT TREATMENTS

9

BESPOKE FACIALS

10-11

MICROPIGMENTATION



Hey Slay Queen

Congratulations, you're about to experience the Slay Transformation journey of your life!

We are so very honoured that you chose us to build that special relationship with!
At THE SLAY LAB we know that you will leave everything feeling invincible and most importantly ready to SLAY!

The information within this booklet is designed to give you:
*A high level understanding of the treatment & what it entails
*Pre/Post treatment advice & aftercare

This guide was designed to inform you of recommended pre & post care to enabling us to deliver a SLAY experience & transformation.

So here goes....

I hope you enjoy

Tervonne
x



DERMAL FILLERS & ANTI-WRINKLE INJECTIONS & HA SKIN BOOSTERS

Pre-Slay Treatment Advice

The advice given regarding Dermal Fillers applies to all areas that it can be used. But as the lips can be the most dramatic to heal & probably most popular face tweak, thought we would focus on it a bit more!

2-4 WEEKS BEFORE

Ensure any facial Laser, Dermapen facials or IPL is performed 4 weeks prior to treatment

THE WEEK BEFORE

Discontinue any blood thinning medication for 7 days prior to treatment as this may increase the risk of bruising.

This includes; aspirin & ibuprofen, before stopping prescribed medication, please check with GP.

Avoid herbal supplements such as garlic, Vitamin E, Ginko Biloba, Omega 3 capsules & St. Johns Wort

72HOURS BEFORE

Avoid using topic products such as Tretinoin(Retin-A) Retinols, retinoids, Glycolic acid, Alpha Hydroxy Acid (AHA) etc

24 HOURS

Refrain from drinking any alcohol or using recreational drugs

The Slay Day



Don't drink any coffee before your appointment



Please attend without makeup on the area/s that will be treated.



Arnica tablets can be taken BEFORE & AFTER to reduce the risk of bruising (start taking 2-3 days before appointment)



Ensure you have something substantial to eat before your appointment to decrease the chances of light-headedness during your treatment



DID YOU KNOW?

Eating pineapple for a few days before treatment may potentially reduce your risk of bruising as it contains an anti-inflammatory enzyme called bromelain.

MENSTRUAL CYCLE!

If your appointment falls during your monthly menstrual cycle, you may wish to reschedule as you will find you are feeling a lot more sensitive and may experience more bruising, bleeding and swelling than usual. Bruising is definitely worse as the presence of iron in the blood is somewhat reduced during this time!

COVID 19 VACCINE

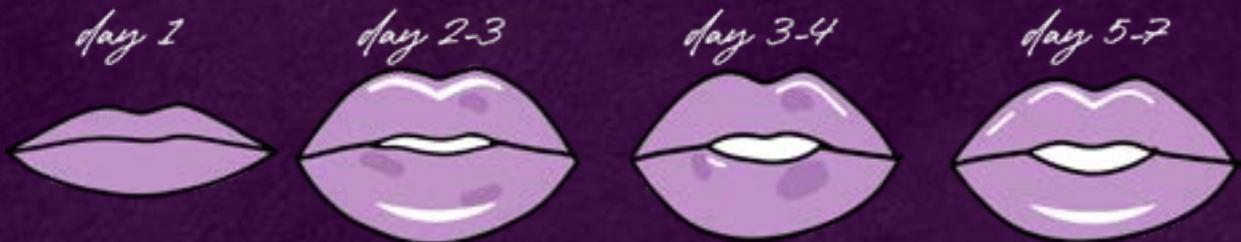
If you have had the vaccine within 30 days prior to and including your appointment day, please let us know!

Post Slay

IMMEDIATELY AFTER

- No makeup
- No kissing
- No touching
- Avoid any heat inducing activities ie- Sauna
- Avoid alcohol & use of recreational drugs
- Don't use any straws or set your mouth in a way that can cause it to move (it needs to settle in place)
- You may apply cold compress, not ICE every half an hour for 10 mins a time if needed
- Avoid retinols, AHAs & Vitamin c products

DRINK PLENTY OF WATER, it will help with the results !

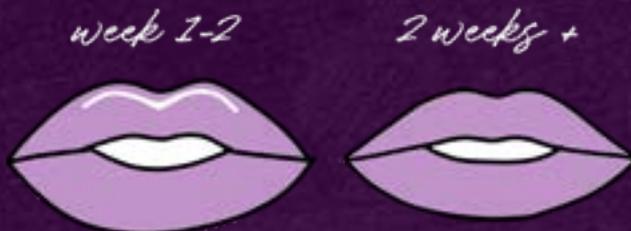


day 1
GIVE ME THE FILLER

day 2-3
ERM ARE THEY MEANT TO BE SWOLLEN

day 3-4
LUMPS & BRUISING GREAT...

day 5-7
GETTING USED TO THESE



week 1-2
OOO SLAY IT GIRL

2 weeks +
I MISS THE SWELLING NEED A SLAY TOP-UP



48 Hours - 7 Days



Avoid any pressure on the lips for the first 48 hours, if you can sleep on your back- no face down massages either !



Use a topical treatment to soothe & calm the skin such as arnica cream or bepanthen.



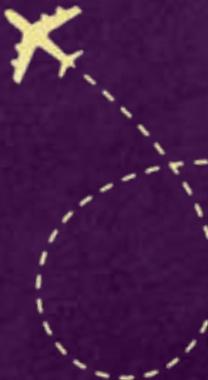
Slay Lab have a Slay Hydrate & Heal after slick if you would like to purchase that. Use any of the above 3 times a day for 7 days after treatment.



Avoid facials, waxing, chemical peels, skin needling, microdermabrasion, IPL, laser treatments for 2 weeks after treatment.



DO NOT massage the area unless advised to do so by your practitioner.



Treatment Follow-Ups

A top-up treatment within 3-4 weeks of the initial dermal filler treatment may be necessary to achieve optimal correction and results.

Although results from dermal fillers are immediate the result is not really evident until this time as the filler 'integrates' into the skin.

It can also take this long for swelling to settle so it is important to wait until this time for the dermal filler to settle.

There can also be asymmetries prior to this time (due to irregular swelling) too so don't panic and trust in the process (and trust our hands).

Dermal filler products are long lasting but not permanent.

Longevity depends on the type of filler used, its indication, compliance with aftercare and individual factors such as metabolism.

RESULTS ARE INDIVIDUAL AND IT MAY TAKE A FEW TREATMENTS FOR YOUR DESIRED RESULTS. REGULAR REVIEW IS IMPORTANT.

Remember ROME wasn't built in a day...

Neither is *Slay Magic*



BODY CONTOURING



Hips Dips be Gone & Liquid BBL

A premium brand CE marked HA body contouring Filler is used to fill dips present in the hips and also added laterally to add volume to the derrière anatomy to create an hourglass and lifted bum.

Their treatment is either referred to as a Non- surgical BBL or Liquid BBL.

You be for from gaining the effects of a BBL without undergoing invasive surgery!

The pre/ post care for body fillers is very similar to the advice given previously.

We are often asked.. “ How much filler will I need in my bum & hips”? There is no definitive answer to this question as each individual is different.

We recommend at least 150-200ml to see the full Slay Transformation.

IN ADDITION:

Wear something clean and comfortable for your appointment

Although the anaesthetic you are given will work for some time after your treatment depending on your pain threshold you may want to have some paracetamol ready, as when it wears off it can feel a bit sore!

If possible and probably the most comfortable ensure to sleep on your front with a sleeping cushion, however each individual is different.

AQUALYX (FAT DISSOLVING INJECTIONS)

Pre-Treatment Advice

There are a few key steps you can take to help you both minimise visible bruising and swelling & aid a faster recovery. The more closely you follow these steps, the faster you will recover and the fewer signs will be visible:

Avoid any blood thinners (e.g. alcohol, aspirin, Vitamin E, some herbal preparations and supplements) for 2 days prior to and 2 days after treatment.

Thin blood results in increased risk of bruising, so help minimise bruising risk by avoiding anything that can thin your blood.

Take arnica tablets as follows: 2 tablets every 2 hours for 5 days prior to the treatment. The 30c potency are best.

You may wish to purchase the products mentioned in the next section PRIOR to your treatment so you have them ready to aid your SLAY!



Post-Treatment care & Advice

Immediately after treatment, there may be some, swelling, tenderness and an itching sensation in the treated area

This is a normal result of the injections.

The inconvenience is temporary and generally disappears in a few days.

If it continues or if other reactions occur, please call us.

The results directly after the treatment should not be seen as the final result-remember you will have swelling around the injection sites!

Avoid touching the treatment area 6 hours after the treatment.

After that the area can be gently washed with soap & water, & light make-up can be applied in the case of the neck/jaw area after 24 hours.

Until the initial swelling has resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing) or extreme cold.

If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site.

If you need assistance with anything or have any concerns after treatment please get in touch!



PDO THREAD REJUVENATION & LIFT TREATMENTS

Difference between Mono & Cog Threads

There are three main textures of PDO sutures: mono, cog, and screw threads.

Mono threads....release collagen bonds into the skin which rejuvenate & tighten the skin.

Cog threads have a barbed texture that provide an amazing lift to the skin whilst building collagen structures that have long lasting effects.

Screw threads have 1-2 intertwined threads which provide volume to the treated area.

For clients who only desire skin tightening and rejuvenation, mono threads may be sufficient. Clients who desire more lifting and volume will better benefit from textured cog or screw threads.

If you'd like that a non-surgical facelift a combination of PDO threads & other treatments will result in immaculate results

Pre Thread Lift Treatment

1 WEEK BEFORE

Avoid alcohol of any kind, as well as smoking. This will help speed your recovery and provide better treatment results.

Stop taking vitamin E, supplements such as Fish Oil, Krill, Garlic, Chilli Ginseng, Ginger & Green teas

Any Aspirin based products such as Ibuprofen, Neurofen, Naprosen/Naprogenic should be avoided.

If you are on any of these medications please let us know.

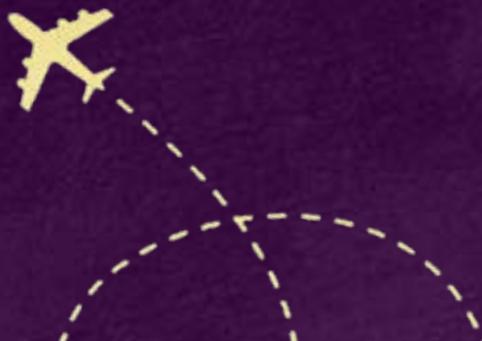
Post Treatment Advice & Care

To achieve the best possible result from your surgery, follow these instructions carefully:

- When you arrive home, make yourself comfortable and relax for the remainder of the day. Feel free to move around but avoid any heavy lifting or strenuous activity for 2-3 weeks.
- If your stomach is feeling settled, you can start to consume small, soft meals. If you feelnauseous, do not eat solid food, just drink small amounts of clear liquids.
- During the first few days after your procedure, take your pain medication as needed, preferably after eating to avoid nausea.
- Most patients find pain medication unnecessary during the day after 2-3 days.
- *Ibuprofen (Motrin, Advil, Nuprin) or Tylenol are in the post-operative period, and for an additional 7-10 days.



- Aspirin should be AVOIDED for 2 weeks before the planned date of your facial face lift.
- If you experience discomfort it usually occurs in the first 24-48 hours Following the procedure and will decrease each day thereafter.
- If you experience discomfort it usually occurs in the first 24-48 hours following the procedure and will decrease each day thereafter.
- You may resume normal activities as you feel well enough to do so. This includes bathing and caring for yourself and lifting routine objects.
- Contact us if you have any questions.
- Take medications according to the instructions.
- Eat soft foods or drink liquids for 7-10 days after surgery.
- Keep head elevated (45-degree angle) when resting in bed.
- Do not touch or wash your face for 12 hours following the procedure.
- Don't pull down on your facial skin for 3 weeks.
- Keep facial incisions clean as discussed in the incision wound care handout.
- Limit facial motion for 24 hours. Limit talking or extreme expression.
- Apply ice for 30 minutes, 4-5 times a day, for 5 days.
- Do not chew gum for 2 weeks. Do not drink through a straw.
- No make-up or facial creams for 48 hours.
- Do not massage the face for 3 weeks, especially with a washcloth when cleansing.
- Do not pull down on your face.
- Bending over or any position which places the head lower than the heart is to be avoided for at least 7 days.
- Avoid straining.
- A day or two after surgery, the hair can be washed again using lukewarm water and baby shampoo.
- Notify the clinic if you have any extreme pain or swelling post treatment.



BESPOKE FACIALS

Slay Facial Treatment Aftercare Advice

Your skin and the underlying structures have been stimulated during your facial, and it is important not to stimulate the skin further as this could cause redness and/or irritation.

OVER THE NEXT 24 HOURS

- Avoid wearing make-up.
- Cleanse and moisturise your face to prevent moisture loss
- Avoid direct and indirect heat, such as saunas, hot baths, showers or a hot hairdryer.
- Sunbathing or prolonged sun exposure.

OVER THE NEXT 48 HOURS

- Do not apply perfume or perfumed products to the treated area.
- Do not undertake any other facial skincare treatments within 48 hours.

OVER THE NEXT 72 HOURS

- Do not apply any other exfoliating skincare products for 72 hours after facial.

How Do I Maintain My SLAY!

- Protect your skin in harsh climates, such as the cold in winter and hot sun in summer. Use products that contain SPF.
- Cleanse, tone and moisturise your face regularly to keep it free from blemishes and bacterial build ups to keep your skin soft and supple.
- Never go to sleep wearing make-up; remove all traces of make-up at the end of the day.
- Drink plenty of water (Recommended 6-8 glasses per day).
- Eat a healthy, balanced diet; Include at least 5 portions of fruit and vegetables each day.
- Avoid smoking- helps keep free radical production down!
- Avoid drinking large amounts of alcohol.
- Use the correct skin products for your skin type.
- For long term results book in for a regular monthly facial treatment.
- If redness or irritation occurs, apply a cold compress or cooling spray to the area. Seek GP assistance if the symptoms do not improve within 24hrs.

Ready For Your Next Appointment?

Why not make it a regular thing? Regular facials are known to be beneficial to your skin's health. If you enjoyed your first session with us, you could secure a monthly slot and we'll maintain your SLAY...everyday! We have some amazing deals on course plans and also monthly payment plans for yearly bespoke treatment plans!



MICRO-PIGMENTATION

Pre & Post Treatment Advice

Are you considering a SPMU eyebrow treatment, but are worried about the aftercare? Don't be..Semi Permanent or otherwise known as Micro-Pigmentation eyebrows aftercare is straight forward and easy to fit into your daily routine.

Following any beauty treatment or procedure, it's highly recommended that you follow the aftercare instructions to ensure the best possible results. And SPMU eyebrows are no different.

WHAT TO EXPECT IMMEDIATELY AFTER THE SPMU EYEBROW TREATMENT?

- Firstly, the depth of colour of your eyebrows will be considerably darker than you may expect, but don't panic as this is completely normal.
- Over the following four to ten days it will begin to fade and may take up to four to six weeks for the true colour to come through.
- Also don't be alarmed if the colour seems to disappear during the healing process, this is due to layers of skin forming and is only temporary.
- After the procedure is complete you may experience a little discomfort around the eyebrow area which can be reduced by applying an ice pack. This will also help with any minor swelling that you may experience.

HOW TO CARE FOR YOUR MICRO-PIGMENTATION EYEBROWS IMMEDIATELY AFTER TREATMENT?

- Following your treatment (on the same day), you should also clean the area with a damp cotton wool pad every two hours.
- Then apply the cream provided.

Ongoing Micro-Pigmentation Aftercare

The day after your treatment and for the next four days, just apply the cream three times a day. Only apply a thin layer of cream to allow the skin to breathe. Keep your hair away from your face in the first two days to avoid infection.

The treated area may experience the following symptoms for two to seven days after the treatment, which is completely normal:

- Flaking
- Tenderness
- Dryness and itching
- Swelling
- Redness

Don't be tempted to remove any scabs by force that may form on the treated area as this may remove the pigment along with the crust.



THINGS YOU SHOULD AVOID FOR 1-2 WEEKS

- Soaps, facial cleansers, water on pigmented areas
- Washing pigmented area
- Chlorine pools
- Retin-A on pigmented areas
- Makeup on pigmented area for 5 days, including non-allergenic
- Hot, steamy, long showers
- Sun on pigmented areas
- Jacuzzis or saunas
- Terry towels on pigmented areas

Ideally you should avoid water for at least one week, but that isn't always possible, so just avoid the area! Or, shower with your back to the water to avoid water, shampoo and conditioner from getting into the pigmented areas.

Make sure you wash your hair with your head tilted backwards to stop water running down your face.

Cover the pigmented area with a sufficient amount of the cream provided. If the area does get wet, pat dry very gently with a clean towel or tissue.

HOW TO CARE FOR YOUR MICRO-PIGMENTATION LONG TERM

Micro pigmentation eyebrows require very little maintenance. That's one of the reasons you're considering having them done, right? You'll find they last between one to three years with just an annual touch up required to maintain their perfect shape and their depth of colour.

Hopefully any concerns or questions you had, have now been answered & you are now ready to embark on your Slay Brow Transformation journey with Slay Lab.



Ready to come again?

Why not make it a regular thing? Regular facials are known to be beneficial to your skin's health.

If you enjoyed your first session with us, you could secure a monthly slot and we'll maintain your SLAY...everyday!

We have some amazing deals on course plans and also monthly payment plans for yearly bespoke treatment plans! We also offer 0% finance for treatments with @payl8r.

This booklet should have helped to ease any concerns or questions you may have ahead of your treatment & get you ready to embark on your Slay transformation journey with us....



Hopefully any concerns or questions you had, have now been answered & you are now ready to embark on your Slay Brow Transformation journey with Slay Lab.

Telephone: 07568348143

Out of hours service is available for all CLIENT EMERGENCIES ONLY!



SLAYLABUK