

# HD BROWS AFTERCARE



**The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.**

**Please follow the aftercare advice for Hopi ear candling.**

- Do not insert anything, including cotton buds into your ears.
- Drink plenty of water to stay hydrated after treatment.
- Avoid swimming or water getting into the ears for 48 hours after treatment.
- You may want to sleep with a towel on the pillow in case of any discharge or residue leaking out of the ear overnight.
- Try to avoid cold air blowing in the ears.
- If you experience ear pain, abnormal ear discharge or hearing changes after treatment you should seek medical advice from your doctor/GP and inform your therapist.
- See your GP if you have an ongoing ear complaint. Hopi ear candling is not a substitute for medical treatment.
- Contact your therapist as soon as possible if you experience any other unwanted side effects following the procedure.

**It is essential that you have read all of the information available.**

**Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided above.**