

AFTERCARE:

1. Immediate Aftercare

- Avoid touching or rubbing the treated area for at least **6 hours** post-procedure to reduce the risk of infection.
- Refrain from applying makeup for **24 hours** to allow the skin to heal properly.
- Keep the treated area clean and avoid exposure to dust and pollutants.
- Do not wash the treated area for at least **12 hours** post-treatment. After this, use only a gentle, non-perfumed cleanser.

2. General Care Instructions

- **Hydration:** Drink plenty of water to aid the healing process.
- **Moisturising:** Apply a gentle, hydrating moisturiser as recommended by your practitioner.
- **Sun Protection:** Avoid direct sun exposure for at least **7 days**. Use a broad-spectrum SPF 30 or higher daily to protect the treated area.
- **Avoid Heat:** Do not use saunas, steam rooms, or take hot baths for **48 hours**.
- **No Strenuous Activity:** Avoid heavy exercise and sweating for **24-48 hours** to prevent irritation.

3. What to Expect

- Mild redness, swelling, and sensitivity are normal and should subside within **24-72 hours**.
- Slight bruising or tenderness may occur but will resolve naturally.
- Skin may feel dry or tight; this is part of the healing process.
- Visible results may take **2-4 weeks** to fully develop.

4. Things to Avoid

- Do not apply active skincare products (e.g., retinol, AHAs, BHAs, vitamin C) for **5 days** post-treatment.
- Avoid alcohol consumption for **24 hours** to reduce the risk of inflammation.
- Do not pick, scratch, or peel the treated area.
- Avoid facial treatments, waxing, or chemical peels for at least **2 weeks**.

5. When to Contact Your Practitioner

Contact your practitioner immediately if you experience:

- Excessive redness, swelling, or pain beyond **72 hours**
- Signs of infection (e.g., discharge, pus, or extreme tenderness)
- Severe allergic reactions, including hives or difficulty breathing

6. Follow-Up Appointments

- A follow-up appointment may be scheduled to assess your results and discuss further treatment if necessary.
- If you have any concerns before your next appointment, please contact us.

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.

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.