

Thank you for choosing DiamondGlow to enhance your skin's texture, tone, and overall radiance. DiamondGlow is a non-invasive, dermal infusion treatment that combines exfoliation, extraction, and infusion of customised serums to hydrate and rejuvenate the skin. Proper aftercare is essential to ensure the best results, support your skin's healing process, and minimise complications. Please follow these instructions carefully for the best possible recovery.

Immediately After Treatment:

- **Mild Redness and Sensitivity:**
It is normal to experience mild redness and sensitivity immediately after DiamondGlow treatment. This is similar to a light sunburn and typically subsides within a few hours to a day.
 - **Mild Discomfort or Tightness:**
You may feel some tightness or mild discomfort in the treated area. This is temporary and should resolve within a few hours to a day.
 - **Cold Compress (if necessary):**
If you experience discomfort or swelling, apply a cold compress wrapped in a clean cloth to the treated area for 10-15 minutes every few hours during the first 24-48 hours to reduce swelling and soothe discomfort.
 - **Avoid Touching or Rubbing the Treated Area:**
Do not touch, rub, or massage the treated areas for at least 24-48 hours to prevent irritation or disrupting the treatment.
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For the First Week:

- **Gentle Skin Care:**
Cleanse the treated area gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or any abrasive products for at least 7 days to allow your skin to heal properly.
- **Moisturise Regularly:**
Apply a gentle, fragrance-free moisturiser to keep the treated area

hydrated. This will help alleviate dryness, tightness, and any flaking that may occur after treatment.

- **Avoid Sun Exposure:**
Your skin will be more sensitive to the sun after DiamondGlow treatment. Avoid direct sun exposure for at least 1-2 weeks. Always wear a broad-spectrum sunscreen with SPF 30 or higher when outdoors to protect your skin from UV damage and prevent pigmentation changes.
- **Avoid Excessive Heat:**
Avoid hot showers, saunas, or hot tubs for at least 48 hours to prevent irritation and support proper healing.
- **Avoid Makeup for 24-48 Hours:**
Avoid applying makeup to the treated area for at least 24-48 hours to allow the skin to breathe and heal properly. After this period, use non-comedogenic products to prevent clogging pores.
- **Hydrate and Maintain Healthy Skin:**
Drink plenty of water to stay hydrated and support the body's natural healing process. Use a gentle, fragrance-free moisturiser to keep the treated areas hydrated and reduce discomfort.

For the First Month:

- **Continue Gentle Cleansing and Hydration:**
Continue using a mild, non-alcoholic cleanser to wash the treated areas and moisturise regularly to support the healing process and maintain the results.
- **Continue Sun Protection:**
Always apply sunscreen with SPF 30 or higher to the treated areas. UV exposure can affect the results of the treatment and cause pigmentation changes or damage to the skin.
- **Avoid Harsh Products:**
For at least 4 weeks after the procedure, avoid using products containing alcohol, retinol, or exfoliating agents like AHAs or BHAs, as these can irritate the skin and disrupt the healing process.

- **Gradual Return to Physical Activity:**

After the first 48 hours, you can gradually return to light exercise. Avoid intense physical activity or anything that causes excessive strain on the treated areas for at least 1 week.

Common Side Effects:

- **Redness and Swelling:**

Redness and swelling are common and should subside within a few hours to a day. Cold compresses can help reduce these symptoms.

- **Flaking or Peeling:**

Some mild flaking or peeling may occur as your skin sheds dead cells and renews itself. This is normal and should resolve within 3-7 days. Avoid picking at the peeling skin to prevent scarring.

- **Dryness or Tightness:**

The treated area may feel dry or tight for the first few days. This is normal and can be alleviated with regular moisturising.

- **Temporary Sensitivity:**

Your skin may be more sensitive to touch, products, and sun exposure for the first few weeks. This is normal and should improve over time.

When to Contact Us:

Please contact your provider immediately if you experience:

- Severe pain, redness, or warmth in the treated area (signs of infection).
- Excessive swelling, bruising, or discomfort that does not improve after the first few days.
- Unusual discharge, pus, or bleeding from the treated area.

- Any signs of an allergic reaction, such as itching, hives, or difficulty breathing.
 - Any other symptoms that seem out of the ordinary or concerning.
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Long-Term Care:

- **Maintain Healthy Skin Care Practices:**
Continue with a gentle skincare routine, including cleansing, moisturising, and sun protection. Avoid harsh treatments or exfoliating products that could disrupt the healing process.
- **Healthy Lifestyle Habits:**
A balanced diet, staying hydrated, and regular exercise will help support the results of your DiamondGlow treatment and improve overall skin health.
- **Monitor Results:**
Full results from DiamondGlow may take a few weeks to become fully visible as your skin continues to regenerate and improve in texture. Be patient and follow up with your provider for any necessary touch-ups or assessments.

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 below.

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.