

Thank you for choosing **Skin Rejuvenation Treatment** to enhance your skin's appearance. Skin rejuvenation treatments are designed to address skin concerns such as wrinkles, fine lines, pigmentation, texture, and acne scars by stimulating collagen production and improving skin tone. Proper aftercare is essential to ensure optimal healing, achieve the best results, and prevent complications. Please follow these aftercare instructions carefully.

Immediately After Treatment:

- **Mild Redness, Swelling, and Sensitivity**
It is common to experience mild redness, swelling, and sensitivity in the treated area immediately after the procedure. This should subside within a few hours to a day, depending on the treatment.
 - **Avoid Touching the Treated Area**
Do not touch, rub, or scratch the treated area to avoid irritation, infection, or disrupting the treatment. Keep your hands clean and avoid direct contact with the skin.
 - **Cold Compress**
Applying a cold compress wrapped in a clean cloth to the treated area can help reduce swelling and alleviate discomfort, especially if you feel any warmth or mild irritation.
 - **Makeup**
Avoid applying makeup to the treated area for at least 12 hours to allow the skin to breathe and recover.
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For the First 24-48 Hours:

- **Avoid Direct Sun Exposure**
Your skin will be more sensitive to the sun after treatment. Avoid direct sun exposure for at least 48 hours, and always wear a broad-spectrum sunscreen (SPF 30 or higher) if you need to go outside.
- **Avoid Heat**
Avoid hot showers, saunas, hot tubs, or excessive heat for 48 hours, as this

can increase swelling and irritation.

- **Hydration**

Drink plenty of water to keep your skin hydrated from the inside out. Hydration is key to supporting the healing process and achieving glowing skin.

- **Gentle Skin Care**

Cleanse your skin gently with a mild, non-alcoholic cleanser. Avoid using exfoliating products or any harsh scrubs in the first 24-48 hours after treatment.

- **Avoid Intense Exercise**

Avoid strenuous physical activity that may cause excessive sweating or put pressure on your skin for at least 48 hours after the treatment.

For the First Week:

- **Gentle Skin Care Routine**

Continue to use a gentle skincare routine. Avoid products containing alcohol, retinol, or other harsh ingredients for at least a week. Stick to gentle moisturisers and products recommended by your provider.

- **No Scrubbing or Exfoliating**

Do not exfoliate or scrub your skin in the first week. Allow your skin to naturally shed dead skin cells. Over-exfoliation can cause irritation or compromise the treatment.

- **Monitor for Side Effects**

Mild redness or peeling may occur depending on the type of treatment you received. This is normal and should resolve within a few days to a week. If you notice severe peeling, irritation, or any signs of infection, contact your provider.

- **Avoid Makeup (If Possible)**

Try to avoid makeup for at least 24-48 hours after the treatment to allow your skin to heal. If you need to wear makeup, choose non-comedogenic (non-pore-blocking) and gentle products.

- **No Swimming**

Avoid swimming in pools, lakes, or hot tubs for the first week, as chlorine and bacteria can irritate the treated skin.

Common Side Effects:

- **Mild Redness or Flushing**

Redness or flushing in the treated area is common and should subside within a few hours to a few days, depending on the intensity of the treatment.

- **Dryness or Tightness**

Your skin may feel slightly dry or tight as it heals. Use a gentle, hydrating moisturiser to keep your skin moisturised and prevent irritation.

- **Peeling or Flaking**

If your treatment involves exfoliation or collagen stimulation, mild peeling or flaking may occur in the following days. Do not pick at the peeling skin, as this can lead to scarring.

- **Mild Swelling**

Mild swelling around the treated area can occur and should resolve in 1-2 days. If swelling persists or worsens, contact your provider.

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.
- Any unusual discharge 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:

- **Continue to Protect Your Skin**

Continue to use sunscreen daily, even on cloudy days, to protect your skin from UV damage. This will prevent pigmentation issues and help maintain your rejuvenated appearance.

- **Hydrate and Nourish Your Skin**

Maintain a healthy skincare routine that includes hydration and nourishment to support the ongoing healing process. Consider incorporating antioxidant-rich products to protect the skin from environmental damage.

- **Follow-Up Treatments**

Depending on the type of skin rejuvenation treatment you received, your provider may recommend follow-up treatments to maintain and enhance the results. These could include maintenance treatments every 4-6 weeks, depending on your goals.

- **Monitor for Long-Term Results**

It may take a few weeks for the full results of your treatment to become visible, as collagen production and skin regeneration continue over time. Continue with the recommended aftercare to support long-term improvements.

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.