

Thank you for choosing a nonsurgical facelift to rejuvenate your facial appearance. Nonsurgical facelifts typically involve treatments such as injectables (Botox, dermal fillers), laser treatments, or radiofrequency to lift, tighten, and restore volume to the face. These treatments offer a more youthful look with minimal downtime. Proper aftercare is crucial to ensure the best results, minimise complications, and support your skin's recovery. Please follow these instructions carefully for optimal recovery and outcome.

Immediately After Treatment:

- **Mild Redness, Swelling, and Bruising:**
It is normal to experience mild redness, swelling, and bruising in the treated areas immediately after the procedure. These effects should subside within a few hours to a few days.
 - **Mild Discomfort or Sensitivity:**
You may feel mild discomfort, tightness, or a sensation of pressure in the treated areas. This 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 areas for 10-15 minutes every few hours during the first 24-48 hours to reduce swelling and soothe discomfort.
 - **Avoid Touching or Massaging the Treated Area:**
Do not touch, rub, or massage the treated areas for at least 24-48 hours to avoid disrupting the treatment or causing irritation.
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For the First Week:

- **Gentle Skin Care:**
Cleanse the treated areas gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or harsh products for at least 7 days to promote proper healing and reduce the risk of irritation.
- **Avoid Excessive Heat and Sun Exposure:**

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 Strenuous Physical Activity:**

Avoid vigorous exercise, heavy lifting, or activities that increase your heart rate for at least 1 week after the procedure to reduce the risk of swelling, bruising, and complications.

- **Avoid Makeup for 24-48 Hours:**

Avoid applying makeup to the treated areas for at least 24-48 hours to allow the skin to breathe and promote healing.

- **Hydrate and Maintain Healthy Skin:**

Drink plenty of water to stay hydrated and maintain healthy skin. Use a gentle, fragrance-free moisturiser to keep the treated areas hydrated and prevent dryness or tightness.

For the First Month:

- **Continue Sun Protection:**

Always apply sunscreen with SPF 30 or higher on the treated areas. UV exposure can affect the results of your treatment and cause pigmentation changes or damage to the skin.

- **Avoid Harsh Products:**

Avoid using products containing alcohol, retinol, or exfoliating agents (such as AHAs or BHAs) for at least 4 weeks after treatment to support the healing process and prevent irritation.

- **Continue Gentle Skin Care:**

Continue to cleanse your skin with a mild, non-alcoholic cleanser and moisturise regularly to support your skin's recovery and maintain the results.

- **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:**
Mild redness and swelling in the treated areas are common and should subside within a few hours to a few days. Cold compresses can help reduce these symptoms.
- **Bruising or Tenderness:**
Some bruising or tenderness may occur in the treated areas, especially with injectables or facial fillers. This should resolve within 1-2 weeks.
- **Temporary Lumps or Bumps:**
Some temporary lumps or bumps may form immediately after the treatment. These should smooth out after a few days to a week. If they persist, contact your provider for advice.
- **Itching or Sensitivity:**
Itching or mild sensitivity in the treated areas is common as the skin adjusts. Use a gentle moisturiser to soothe the skin.

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.

Long-Term Care:

- **Maintain Healthy Lifestyle Habits:**

A healthy diet, regular exercise, and staying hydrated will help support the results of your nonsurgical facelift and promote overall skin health.

- **Monitor Results:**

Full results from nonsurgical facelift treatments may take a few weeks to become fully visible, as the skin continues to regenerate and respond to collagen production. Be patient, and follow up with your provider for any necessary touch-ups or assessments.

- **Skin Care Routine:**

Continue using gentle, hydrating skincare products and avoid harsh treatments that could disrupt the results. Regular use of sunscreen is essential for maintaining the effects of your treatment.

- **Consider Maintenance Treatments:**

Nonsurgical facelift results are temporary. Depending on the treatment used, maintenance sessions may be recommended every 6-12 months to maintain the results.

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.