

Aftercare Instructions

The following aftercare advice is essential to help reduce the risk of treatment complications, improve your comfort and healing, and help achieve the best possible results from treatment. Please follow these guidelines:

1. Keep the Area Clean:

- Avoid touching your face for the first 24 hours.
- Cleanse the treated area gently with a mild cleanser.

2. Avoid Makeup:

- Refrain from applying makeup for at least 24 hours post-treatment.

3. Hydrate:

- Drink plenty of water to help your skin remain hydrated and support recovery.

4. Sun Protection:

- Avoid direct sunlight and tanning beds for at least one week.
- Apply a broad-spectrum sunscreen (SPF 30 or higher) regularly.

5. Avoid Intense Exercise:

- Refrain from vigorous physical activities for 48 hours to minimise swelling.

6. No Saunas or Hot Baths:

- Avoid hot showers, saunas, and steam rooms for 48 hours.

7. Avoid Blood Thinners:

- Do not take aspirin or anti-inflammatory medications for 48 hours unless prescribed by your practitioner.

8. Monitor for Side Effects:

- Minor redness, swelling, or bruising is normal. If you experience severe pain, prolonged swelling, or any signs of infection, contact your practitioner immediately.

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.

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.