

Collagen Stimulators Aftercare Sheet

What to expect:

- Bruising, redness and swelling are common side effects, and may be uneven. This will improve gradually over a few days up to 2 weeks.
- You may experience some discomfort and tenderness at the treatment area for 2-3 days. Please take over-the-counter pain relief (paracetamol) as necessary for this.
- Small lumps may be present - it is important to follow the massage protocol.

Post-care Instructions

- Begin the massage protocol on the day of treatment
- Apply cold compress gently to the treated area to reduce swelling and bruising.
- Avoid pressure on the area for 48 hours - e.g sleeping on face, face-down massages
- Please avoid applying makeup to the treated site for at least 12 hours to reduce the risk of infection. We recommend waiting until the following day to resume applying makeup and preferably mineral makeup
- Avoid strenuous exercise for 24 hours post treatment
- Refrain from excessively hot showers and other high temperature environments for 24 hours. This includes, spas, saunas, hot yoga, steam rooms.
- Abstain from excessive alcohol consumption for 48 hours to reduce the risk of bruising.
- Avoid airplane travel for a minimum of 2 days
- We recommend waiting at least 2 weeks before resuming any facial treatments such as lasers, microneedling, peels etc
- Avoid excessive UV exposure for 14 days post treatment
- Please discuss with your practitioner regarding any other cosmetic injectables within 3 months post treatment
- Sleep on your back slightly elevated
- Avoid blood thinning medication such as Aspirin & Ibuprofen for 7 days (unless medically necessary)

Massage Protocol

- Massage the treatment area for 5 minutes, 5 times a day for 5 days following your treatment. This is required and your results will be affected if you do not follow this protocol.