

## Profhilo Aftercare Sheet

### What to expect:

- Bruising, redness and swelling and visible pin pricks at injection sites are common side effects, and may be uneven. This will improve gradually over a few days.
- You may experience some discomfort 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. These generally resolve gradually over a few days - there is no need to massage

### Post-care Instructions

- Apply cold compress gently to the treated area to reduce swelling and bruising.
- Refrain from rubbing, massaging, touching and applying pressure to the treated areas for 24 hours post treatment
- 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
- Avoid strenuous exercise for 24-48 hours to reduce the severity of swelling and bruising.
- Refrain from hot showers and other high temperature environments for 48 hours to reduce swelling. This includes, spas, saunas, hot yoga, steam rooms.
- Abstain from excessive alcohol consumption for 48 hours to reduce the risk of bruising.
- Delay any non-urgent invasive dental procedures for 2 weeks to reduce the risk of infection.
- 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