

## Skin Booster Aftercare Sheet

### What to expect:

- The treated area may be numb for a few hours due to the use of local anaesthetic.
- Bruising, redness, pinpoint marks at the injection sites and swelling are common side effects, and may be uneven. This will improve gradually over 7 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 the days following treatment.

### Post-care Instructions

- Apply cold compress gently to the treated area to reduce swelling and bruising.
- Please avoid applying makeup to the treated site for at least 4 hours to reduce the risk of infection. We recommend waiting until the following day to resume applying makeup and mineral makeup is preferential (please avoid oil-based makeup)
- Avoid skincare containing AHA, BHA, Retinoids, Vitamin C or other exfoliating agents for 24 hours.
- Avoid strenuous exercise for 24 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 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.
- Refrain from touching the treated areas and applying pressure for the day of treatment
- Avoid airplane travel for a minimum of 2 days, and international travel for 10 days
- We recommend waiting at least 2 weeks before resuming any facial treatments such as lasers, microneedling, peels etc
- Avoid UV exposure for 48 hours post treatment