

Looking after your skin, *after your visit.*

A few simple things for the next day or two help every treatment settle as it should. Keep this to hand, and call us about anything at all.

01

After anti-wrinkle treatment

- **Stay upright** for four hours.
- **No rubbing or massage** of the treated areas.
- **For 24 hours:** no strenuous exercise, saunas or alcohol.
- **Makeup** after 12 hours.

Full effect at fourteen days. Your review is booked.

02

After dermal filler

- **Expect** possible swelling or small bruises for a few days. A cool compress helps.
- **No makeup** for 12 hours.
- **For 48 hours:** avoid heat, pressure and strenuous exercise.
- **Contact us immediately** about severe pain, or blanching or mottling of the skin.

03

After skin boosters, polynucleotides and microneedling

- **Small papules or pinkness** settle within 24 to 48 hours.
- **SPF 50** every day.
- **For 48 hours:** no actives, and no pools or saunas.

04

Any concern, day or night

- **Call our direct number** for anything that worries you on the day or night of your treatment.
- **In an emergency** call 111 or 999.

There is no such thing as a silly question.

Always

We are one call away.

Tegan and the team are here for any concern, day or night of your treatment. If something feels wrong, do not wait for your review. In an emergency, call 111 or 999.