

It is a requirement for you to follow these instructions. Should you arrive to your appointment and we deem you unfit to proceed with the treatment, your appointment will be cancelled and will be required to rebook with a new booking fee. Aftercare is included, and will be provided at your appointment. Swelling, bruising, unevenness, lumps, and bumps are all normal during the healing period. This will subside within the two week healing period. After two weeks, if you still have any concerns, please contact your practitioner to schedule a review.

Pre-treatment instructions

AVOID

- Alcohol and caffeine for at least 24 hours prior.
- Sunbeds, excess exposure to UV, and flights for 2 weeks.
- Jabs, vaccines, and antibiotics for 2 weeks prior.
- Blood-thinning agents (aspirin, ibuprofen) for 24 hours.
- Strenuous exercise for 24 hours prior.
- Exfoliants (such as retinoids, any acids, vitamin C) for 1 week.
- Depilatories for 7 days before.
- Sauna/steam room for at least 24 hours.

DO

- Take arnica tablets for 3 days prior, to minimise bruising (optional).
- Stay hydrated.
- Have a meal before your appointment.

Post-treatment instructions

SAME AS PRE-TREATMENT, with the addition of the following:

AVOID

- Applying makeup to the treated area for 24 hours.
- Facials and chemical peels for 2 weeks.
- Swimming for 48 hours.
- Massaging the treated area for 2 weeks, unless instructed to do so.

DO

- Apply SPF every day.
- Only use an approved moisturiser.
- Sleep on your back.
- Wash the area with cold water.
- Keep hydrated.
- Wash your hands before touching the treated area.
- Apply arnica to treated areas.

Healing timeline

- Day 1** Treated area will be show signs of bleeding, erythema and swelling.
(Skin boosters and Botox® only: fluid pockets may be apparent).
- Day 2** Your practitioner will reach out for a complementary follow up.
- Days 2-7** Bruising may become apparent, treated area may be tight and itchy.
(Dermal fillers: lumps/bumps may appear).
- Days 7-14** Side effects will begin to subside.
- Day 14** Healed results.

Abnormal signs

Should you experience any of the following symptoms, please contact the clinic immediately:

Fever/chills, area is hot to touch, severe or increasing pain, blanching of injected areas, dizziness, urticaria (hives), visual disturbances.