healthfulnessbyruthy

Cosmetic Injector | Dentist

Medical Skin Rejuvenation Post-Operative Instructions

Post-Operative Instruction

For your safety and comfort, please read the following and adhere closely to the advice given.

Please discuss anything you are unsure of with our team.

If you experience unexpected or undesirable post-operative symptoms that persist for longer than 48hrs or develop over time, contact the clinic immediately.

Always return for your scheduled follow-up appointment, even if you are satisfied with the results.

While most regular daily activities are fine to resume immediately after the procedure, it is advisable that:

FOR 24 HRS, DO NOT:

o   Wash your face with anything except warm water and gentle cleanser.

o   Apply makeup and DO NOT touch your face for at least 2 hrs.

FOR 2 WEEKS, DO NOT:

o   Rub, massage or manipulate the treated area – includes having facials – normal light washing is fine.

o   Expose yourself to extremes of temperature, either cold or hot e.g., Saunas – showers are fine.

o   Have any other facial procedure performed; including lasers

o   Use anti-inflammatories like nurofen.

o   Wash your face with anything except simple cleansers and DO NOT use active products such as those containing AHA's (e.g., Glycolic, Salicylic Acid) or Retinoids. A gentle moisturiser is fine.

DO THE FOLLOWING:

o   Expect temporary side effects from the treatment which may last several days e.g., swelling, bruising, redness, itchiness, burning, flaking – you may use mild analgesics like aspirin and paracetamol if needed and intermittent, light ice application for any swelling.

- Attend a review appointment with our clinic within 14 days of the procedure.
- Contact our clinic if you experience any unexpected pain, discolouration of the skin or other issues.
- Use SPF 30+ broad spectrum sunscreen daily and AVOID sun exposure.
- Have at least 3 treatment sessions, spaced 4-6wks apart to achieve optimal results.

Thank you for trusting our team for your healthy beauty goals