

## Agnes RF Aftercare Advice

Agnes RF treatments are safe and effective, with excellent results and little to no downtime.

Please follow the aftercare advice below to achieve the best possible outcome.

- After the treatment you may experience any of the following, which are normal and part of the healing process. They usually subside quickly:
  - Redness
  - Slight swelling
  - Bruising – may be severe
  - Occasionally itching may occur
- The above side effects may last up to 1 week, but often resolve within a couple of days.
- Apply ice packs 3 – 5 times per day 3 – 5 mins for the next 3 days.
- Clean the treated area to keep it free from infection and keep it dry
- Apply the colloidal gel to the treated twice a day for the next 3 days
- Apply Arnica 2-3 times a day to help with bruising.
- Avoid alcohol for at least one week after treatment.
- Contact me immediately if you continue to feel itching or have any pain when swallowing.
- Wash your face gently and pat dry until any side effects have alleviated.
- Do not use scrubs on the area for 7 days.
- You can use make up after the 2<sup>nd</sup> day, but ensure any make up brushes or applicators are clean. Ideally use new makeup.
- It is important that you use sun block (factor 40+) following treatment
- If you do not understand any of this information, please ask us.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetice/JE](#) and review your experience. Thank you.