

Mesotherapy Aftercare

Important Aftercare Information

To ensure the best possible results, please follow this AfterCare Advice.

- Avoid washing your face or the area that has been treated for 4 hours post treatment.
-
- Avoid scratching or rubbing the treated area
- Avoid washing with excessively hot water
- Avoid extreme temperatures such as saunas, steam baths, excessive exercise etc for a period of at least 7 days after the treatment
- An appropriate moisturiser should be applied every day following treatment for at least 7 days to help maximise the results
- Overexposure to the sun should be avoided
- A good sunscreen SPF 35+ should be applied regularly to the treatment area
- Some redness on the skin is normal and should subside quickly. If it does not, or any abnormal side effects are experienced, please contact us immediately so that appropriate advice can be given.
- Stay well hydrated by drinking 2 litres of water a day and avoid alcohol for 24 hours.
- A course of treatments is needed to provide long-term anti-ageing results 2-4 weeks apart.
- For optimal results, you should use the recommended skin care products between treatments.

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.