

## Profhilo Skin Boosting Aftercare

- After treatment there may be slight redness, swelling and tenderness, also an itchiness sensation in the treated area. This is a normal result of the product/injection – the inconvenience is temporary and generally disappears in a day or two.
- Bruising is also common after any injections. Arnica gel/cream can help bruises heal more quickly.
- Apply an ice pack to the treated area; this will reduce the initial swelling.
- Avoid touching the treated area within 6 hours following treatment. After that, light makeup can be applied and the area can be gently washed with soap and water. Should any small lumps appear, you may massage them after 2 weeks,
- Avoid alcohol for 24 hours
- Stay well hydrated by drinking 2 litres of water a day
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat e.g. solarium, sunbathing or extreme coldness for 48 hours. Avoid heavy exercise for 24 hours.
- If you have previously suffered from facial herpes, there is a risk that the injections could contribute to another eruption of herpes (cold sores etc.).
- If you are using aspirin or any similar medication, be aware that this may increase the risk of bruising or bleeding at the injection site.
- Your 2<sup>nd</sup> appointment is due 4 weeks after the 1<sup>st</sup> one.