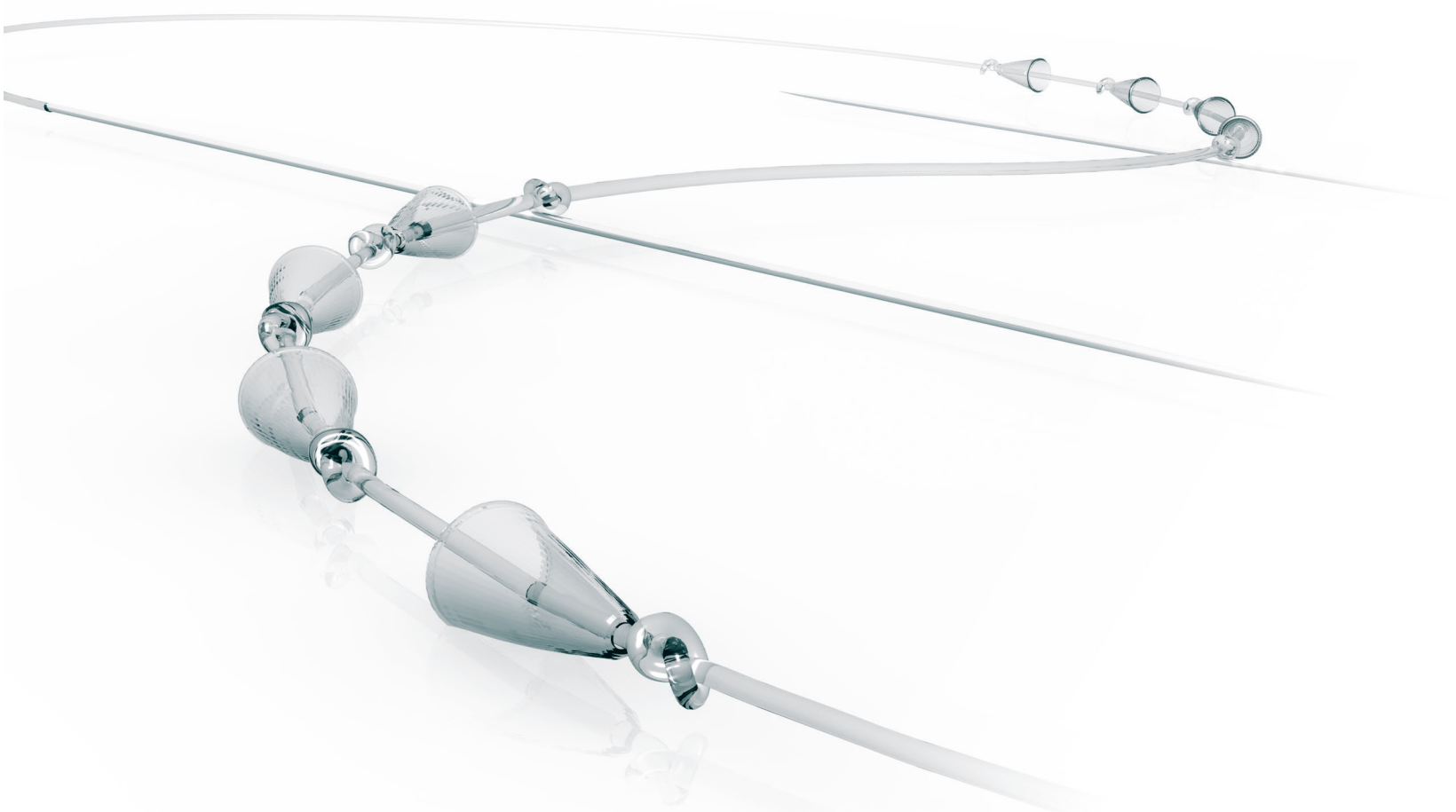


POST-TREATMENT ADVICE



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POST-TREATMENT ADVICE

After the treatment, a slight swelling or bruising may occur. Sometimes a slight depression or skin irregularity may appear at the entry points. These disappear a few days after treatment.

POST-TREATMENT RECOMMENDATIONS:

- Apply a cold pack immediately after the procedure if required
- Take analgaesia e.g. paracetamol and/or low-dose codeine in case of pain. Avoid non-steroidal anti-inflammatory drugs for the first 48 hours. In the event of persisting pain, please contact your doctor or clinic
- Mineral make-up may be applied gently after 24 hours
- Sleep face up, elevated on pillows (3-5 nights)
- Wash, shave and dry face gently without rubbing (5 days)
- Avoid over-exposure to direct sunlight and do not use tanning beds (2 weeks)
- Avoid sports, in particular high impact sports e.g. running (2 weeks)
- Avoid excessive facial movements (2 weeks)
- Do not use saunas or Turkish baths (3 weeks)
- Avoid dental surgery (3 weeks)
- Avoid facial massages and facial aesthetic treatments (4 weeks)

Book in for your review appointment as advised and if you have any questions about your treatment please contact your doctor or clinic.



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