

## Skin Treatment Aftercare

After Profhilo/skin boosters/polynucleotide treatment there will be some raised areas of redness and/or swelling. This should settle after 12-24 hours. The final result of skin boosters and polynucleotides can be seen after 3-4 rounds of treatment. There is a lag time of 3-4 months with polynucleotides after the last treatment before the final result is seen. Profhilo requires 2 rounds of treatment before the final result can be seen.

There are several important pieces of advice to follow after treatment:

- Do not touch, rub or massage the injection site.
- Avoid alcohol for 24 hours where possible. If it cannot be avoided, there is a slight increase in bruising risk.
- Avoid applying makeup to the treated area for at least 3 hours. 12 hours is preferable where possible.
- Avoid any activities that involve heat (gym, sauna, hot bath, sunbeds) for at least 12-24 hours.
- Avoid hot drinks for 12-24 hours, especially where lip treatment has occurred.
- If you have any bruising after injections, use a cool compress for 1-2 hours post procedure to reduce this. It will not fully resolve for at least 1 week however.
- You can cleanse your skin with simple cleanser but avoid vigorously washing for at least 12 hours.
- With polynucleotides there are some reports of swelling and discomfort for approximately 3-5 days after injection. This should settle.

Repeat treatments are advised every 4-6 months with all treatments.

If you develop any side effects and require advice please contact via email or the website:

- Asymmetry
- Long-lasting bruising
- Cold sore out breaks
- Signs of infection (new redness, swelling, pain, pus after 3-7 days)

There is a minute risk of HA-based products blocking a blood vessel to the face (vascular occlusion). The signs of this include:

- Severe discomfort
- Mottling (blotchy skin colour)
- Paleness of the skin
- Persistent numbness of the area treated
- Rapid appearance of vesicles (spots)
- Any of the above in an area treated or an area next to where the treatment was done
- Visual disturbance

If you have any concerns about this, contact your practitioner urgently. Rapid treatment is required to dissolve the filler, restore blood flow and save the skin. Again, this is rare but important to treat quickly. It is best to discuss with your practitioner if you have any concerns sooner rather than later.