



### SuneKOS® Aftercare Advice

- After treatment there may be slight redness, swelling and tenderness in the treated area. This is a normal result of the product/injection and normally disappears in a day or two. **If you are concerned about any excessive bruising or swelling please call Kelly for advice on 07793 737859**
- Bruising is common after any injections. Arnica gel/cream applied to the area may help bruises resolve more quickly.
- You may apply an ice pack to the treated areas for 10-15 mins every 4-6 hours; this will help reduce the initial swelling. Never apply an ice pack directly to the skin it should be wrapped in a clean towel or cloth. Do not apply pressure to the ice pack, just allow it to rest on the area lightly.
- Avoid touching the treated area for 6 hours following treatment. After that, light makeup can be applied and the area can be gently washed with a mild soap and water. Should any small lumps appear, you may massage them after 2 weeks,
- Avoid alcohol for 24 hours - ideally both before and after treatment. Alcohol consumption thins the blood and can cause widening of the blood vessels, which may increase the level of bruising and/or swelling you experience.
- Stay well hydrated
- 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 and swimming 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 medications that thins the blood, be aware that this may increase the risk of bruising or bleeding at the injection sites.
- Your 2nd appointment is due 7-10 days after the 1st one. A minimum of 4 treatments of SuneKos® is recommended for optimal results and may be repeated again 6-12 months later. For greater correction you may need a course of 4 treatments with 6-12 monthly repetition.