Good Genetics Aesthetics
BY NATALIE FACCINI

Skin Boosters / Mesotherapy
AFTERCARE

Following these aftercare guidelines is essential to reduce the risk of complications, improve your comfort and healing, and achieve the best possible results from your mesotherapy treatment.

- **The treatment area may be red, tender, or swollen immediately after injections.** Red raised bumps at the injection sites are also common. These effects usually resolve within 2 days.

- **Swelling may be reduced by applying regular cold compresses, taking anti-inflammatory medicines** such as paracetamol (after 24 hours, if safe for you to take), using antihistamines, and sleeping with your head propped up on 3 pillows to help fluid drainage overnight.

- **Bruising may occur** and generally resolves on its own, but it **can take up to 2 weeks to fully settle**. Applying arnica cream regularly can be helpful for reducing bruising.

- Make sure to **drink plenty of water** and stay well hydrated following the appointment.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.

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What NOT to do:

- Avoid **makeup for 24 hours** after treatment to reduce the risk of infection.

- **Do not take medications such as Ibuprofen for 24 hours** after treatment, as they are blood-thinning agents that may worsen bruising. If these medications have been prescribed by your GP, consult them before stopping.

- **For 24 hours, avoid supplements such as multivitamins, fish oils, glucosamine, Vitamin B, and Vitamin E**, which can exacerbate bruising. If these supplements have been advised by your GP, consult them before discontinuing.

- **Avoid excess sun exposure, extreme hot or cold temperatures, saunas, swimming, or strenuous exercise** until the redness and swelling have subsided.

Medical Attention

- Contact your practitioner immediately if you experience any signs of infection, such as hot, red, shiny skin, pus formation, fever, or feeling generally unwell.

- Seek emergency medical attention if you experience severe allergy symptoms, including rash, facial swelling, or difficulty breathing.

- Contact your practitioner as soon as possible if you notice any other unwanted side effects.