



Endolaser

Aftercare

Real Health & Aesthetics is Part of the Real Group of companies.

Suite 3, Maple House, London Road, Burgess Hill, West Sussex. RH15 9RD

To ensure the best results and a smooth recovery after an **endolaser treatment**, focus on **controlling swelling, protecting the sensitive skin barrier, and supporting internal tissue remodelling**.

Proper aftercare speeds up your 2-to-4-week initial downtime and maximizes the long-term collagen-tightening effects.

The First 48 Hours: Managing Swelling

- **Elevate your head:** Sleep with 2–3 pillows or use a wedge pillow to keep your head at a 30-to-40-degree angle. This prevents fluid accumulation and accelerates drainage.
- **Apply cold compresses:** Use a cold compress or cloth-wrapped ice pack for 10–15 minutes every few hours. Never apply bare ice directly to the skin.
- **Choose the right painkiller:** Use paracetamol (acetaminophen) for discomfort. Avoid anti-inflammatory drugs like ibuprofen or aspirin, as they can increase bruising and suppress the natural inflammatory process needed for collagen growth.
- **Wear compression garments:** If your clinician provided a face or body strap, wear it continuously for the first 3 days. It holds tissues in place and reduces swelling.
- **Keep skin bare:** Do not apply heavy makeup, harsh skincare, or fake tan for at least 24 to 48 hours.

Days 3 to 7: Skin Healing and Protection

- **Simplify your skincare:** Cleanse gently with cool water and a fragrance-free, mild cleanser. Avoid active ingredients like retinoids, vitamin C, glycolic acid, or physical scrubs for 7 days.
- **Use recovery creams:** Apply soothing, barrier-repairing products like Colloidal Silver or Arnica gel twice daily to calm redness and minimize bruising.
- **Avoid high heat:** Stay away from saunas, steam rooms, hot tubs, and intense, sweaty exercise for 5 to 7 days, as heat expands blood vessels and worsens swelling.
- **Apply SPF 50+:** Your skin is highly vulnerable to UV damage. Wear a broad-spectrum high-factor sunscreen daily, even if you are staying indoors.
- **Skip alcohol and smoking:** Avoid alcohol for 48 hours to prevent blood thinning and extra swelling. Avoid nicotine, as it restricts blood supply and severely impairs tissue repair.

Weeks 2 to 6: Internal Tissue Remodeling

- **Expect internal firmness:** It is completely normal to feel hard, tight, or "cord-like" lumps under your skin during weeks 2 to 6. This is tissue tightening and temporary internal scarring as collagen reorganizes.
- **Introduce gentle massage:** Once cleared by your practitioner (typically after day 5 to 14), you can begin light, upward lymphatic drainage massages for 15 minutes at night to smooth out lumps and resolve residual puffiness.
- **Transition compression:** Switch to wearing your compression garment only at night or during evenings until day 10 to 14, or as directed by your clinic.
-

What is Normal vs. When to Call Your Clinic

Normal Recovery Symptoms (1–14 Days)	Warning Signs (Contact Clinic Immediately)
• Mild to moderate swelling and asymmetry	• Asymmetrical or sudden weakness in facial muscles (e.g., uneven smile)
• Light bruising (turning yellow/green)	• Extreme, throbbing pain that paracetamol cannot control
• Temporary numbness or altered sensation	• Blistering, skin breakdown, or signs of burns
• Small entry-point scabs	• Spreading redness, heat, or pus (signs of infection)

Contact Richard on 07875399763 WhatsApp

Or Direct on 01444 684043