

# POST CARE INSTRUCTIONS

## FOR NON-SURGICAL COSMETIC PROCEDURES



### POST CARE FOR BOTULINUM TOXIN A

Do not rub or touch the treated area until the next morning. No facial treatments, laser, or massage for one week, this is to help avoid any complications.

It is recommended you do not lie down for the next 4-6 hours as you may inadvertently rub the treated areas. For the same reason you shouldn't do strenuous exercise after treatment for 24 hours.

Avoid exposure to any heat treatments such as sauna, hot tub or tanning for up to 48 hours.

Paracetamol is recommended for any headaches or pain. Try to avoid medicines such as ibuprofen (Nurofen) or diclofenac (Voltaren) for the next 24 hours.

There is a small risk of bruising. If this occurs do not worry as it is temporary, it's generally minor and can easily be covered up with makeup. Arnica tablets and hirudoid cream helps reduce bruising.

Your treatment will take 4-14 days to start working. If after 2 weeks, you feel that you still have more muscle movement than expected, then this can be adjusted at your follow up injection assessment, at an additional cost. This needs to be booked back in within 1 month of treatment.

### POST CARE FOR DERMAL FILLERS AND BIOSTIMULATORS

DERMAL FILLERS, SCULPTRA®, RADIESSE®, PROFHILO®, REJURAN®

After the procedure, you should carefully apply sunscreen with a high SPF index to prevent pigmentation.

Do not rub or touch the treated area until the next morning.

Do not consume alcohol for 24 hours after the treatment.

Try to avoid lying down or any strenuous exercise for 6 hours after treatment.

If you had Sculptra® you should massage the area treated for 5 x minutes, 5 x a day, for 5 x days.

It is recommended to avoid extended exposure to sun or UV light and extreme hot or cold temperatures including hot foods and drinks if your lips have been treated. Avoid facial laser treatment to the treated area for up to four weeks.

For cheek temple or tear trough treatment it is recommended to avoid restrictive headwear, including goggles, sunglasses, or motorcycle helmets for up to four weeks.

It is recommended not to apply make-up to the treatment area until 12 hours post treatment.

There will be some swelling and bruising, however, it should only be temporary. Arnica tablets or Hirudoid cream can help reduce bruising. If you feel it's not normal, please contact your Cosmetic Nurse or Doctor.

You may feel lumps for up to 2 weeks, as your body adjusts to the new volume. If you can see any lumps and have concerns, please contact your Cosmetic Nurse or Doctor.

It may take 4 weeks to see the full results and we recommend booking in for a follow up injection assessment with your Cosmetic Nurse or Doctor.

### NECROSIS SIGNS FOR ALL NON-SURGICAL COSMETIC TREATMENTS

Skin blanching, skin discoloration (a fishnet stocking appearance or skin mottling), ranging from redness to dark brown or black or severe bruising.

White areas on the skin.

Swelling, fluid accumulation, or blisters or pustules.

Loss of feeling or numbness.

Varying degrees of pain, tenderness, or abnormal sensation in the affected area.

In the event of Necrosis or any emergencies relating to your treatment, and you are unable to contact your Cosmetic Nurse, Doctor, or the clinic then please reach out to the delegated Health Practitioner through Juv'ae® Pty Limited on 1300 255 913.

# POST CARE INSTRUCTIONS

## FOR NON-SURGICAL COSMETIC PROCEDURES



### POST CARE FOR JUVASLIM®

No Juvaslim® treatment 2 weeks before and after Covid vaccination.

Immediately after treatment, ice or a cold compress can be applied to the area treated to reduce pain and swelling, continue as required for the first 48 hours.

Do not take blood thinners or anti-inflammatories such as Aspirin, Nurofen, or Vitamin E for 24 hours after treatment.

Panadol can be taken for any pain or discomfort.

Massage the area that was treated, 5 x minutes, 5 x a day, for 5 x days, to enhance even spreading of PTC. It is also recommended to have Radiofrequency (RF) Therapy, to assist with skin tightening to the treated area.

Continue exercise and normal activities after 24 hours.

Report increasing pain, redness, signs of infection or ulcer.

Drink lots of fluids such as water, for the first 48 hours after treatment.

You cannot have dermal filler for 2 weeks post Juvaslim® treatment.

### POST CARE FOR PRP AND BIOFILLER

Do not take blood thinners or anti-inflammatories such as Aspirin, Nurofen, Vitamin E, Allergy tablets, Voltaren, etc. These medications will disrupt the PRP process. You may take Panadol.

You must attend your review appointment with your Juv'ae® Cosmetic Nurse, a three-month check-up is also required to check your progress.

After your PRP treatment, swelling may be present for 24 to 48 hours. The swelling will subside over the next few days. Please ensure you sleep elevated to help reduce swelling.

Fingertip light sweeping massage can help clear lymphatic fluid from the treated areas.

Do not sauna, spa or exercise for 2 days post procedure.

Do not apply make-up for 12 hours post procedure.

#### **SIDE EFFECTS THAT MAY OCCUR**

You can expect inflammation, redness and warmth from this procedure lasting up to 3 days. You can, however, apply ice to the area and take an antihistamine to help with swelling.

Avoid facial waxing, bleaching or hair dying for the next two weeks.

Your treated area will feel a bit tender for a few days.

Results take around 2-3 weeks to see, and a series of treatments is recommended. Your skin should continue to improve with time following your treatment program.

After the initial 2-3 treatments and reaching your desired result, a repeat treatment should be done annually to keep up the effects.

If you experience and increase in swelling after 24 hours, skin colour changes or fever contact your Cosmetic Nurse or Doctor.

### PRE-CARE INSTRUCTIONS FOR ALL NON-SURGICAL COSMETIC TREATMENTS

Avoid alcohol and smoking on the day of treatment.

Schedule procedure at least two weeks before a special occasion or event.

Avoid treatment if you have active infections in the treatment area.

Reschedule your appointment if you feel unwell.

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### POST CARE INSTRUCTIONS FOR ALL NON-SURGICAL COSMETIC TREATMENTS

Bruising, mild tenderness, swelling, redness, irritation in the treated area is expected but can be variable from minimal to severe, and you can use Hirudoid or Arnica Cream to assist in resolution.

Try to avoid medicines such as ibuprofen (Nurofen) or diclofenac (Voltaren) Aspirin, Vitamin E, and Fish Oil, your Cosmetic Nurse or Doctor will advise you on what you can and can't have.

Massaging of the area may be required to reduce lumps, bumps or swelling, please seek the advice of your Juv'ae® Cosmetic Nurse if this is the case for you.

Avoid touching your skin excessively.

Avoid oil-based moisturisers or wearing make-up, make-up brushes/sponges for the next 72 hours, do not use washcloths or any other type of cloth on the skin. Instead, apply cleanser to clean hands and foam application for the next week.

Avoid facial contact with animals or their coats for one week to ensure cleanliness.

Apply ice to the treated area if needed and recommended by your Cosmetic Nurse or Doctor.

Sleep on your back for the first three nights (or always to avoid wrinkles).

Don't have further facial treatments until your side effects have subsided or you have completed your entire treatment regime.

Avoid strenuous exercise for the next 48 hours.

No extensive dental treatments for four weeks.

Avoid saunas or heat treatments for the next week.

Avoid exfoliating products (scrubs, AHA's, BHA's, Vitamin A) or any other products that your Juv'ae Cosmetic Nurse does not recommend for the next 5-10 days.

Increase your water intake by at least eight glasses per day.

Wear SPF sun protection (every day forever) and reapply every 4 hours.

Avoid direct sun exposure for the next four weeks

### EMERGENCY EVENTS

In the event of Necrosis or any Emergencies relating to your treatment, and you are unable to contact your Cosmetic Nurse, Doctor, or the clinic then please reach out to the delegated Health Practitioner through Juv'ae® Pty Limited on 1300 255 913.