

SAPPHIRE

MediSpa

Aesthetics Aftercare

Vitamin Injections • Skin Boosters • Dermal Fillers

Thank you for your treatment today. Please follow the instructions below to ensure the best possible healing and results. If you have concerns at any time, contact your provider.

GENERAL AFTERCARE (ALL TREATMENTS)

- Expect mild redness, swelling, or tenderness.
- Avoid touching, rubbing, or applying pressure.
- No makeup for 6–12 hours.
- Stay upright for 4 hours; avoid exercise for the rest of the day.
- Avoid alcohol, smoking, saunas, and hot tubs for 24 hours.
- Use a cold compress if needed.
- Take Tylenol only (avoid ibuprofen/NSAIDs for 24 hours).

VITAMIN INJECTIONS

- Mild soreness or a small bump is normal.
- Keep the area clean and avoid lotions for the day.
- Avoid strenuous arm use for 2–4 hours.
- Drink plenty of water.

SKIN BOOSTERS (Profilo, Polynucleotides, HA Boosters)

- Small bumps at injection points are normal for 12–72 hours.
- Avoid makeup for 12–24 hours.
- Avoid exercise, alcohol, heat, and facials for 48 hours.
- Stay well hydrated.
- Results improve gradually over 1–4 weeks.

DERMAL FILLERS

- Swelling and mild bruising are common and may last 2–5 days.
- Avoid pressing or massaging unless instructed.
- Sleep on your back the first night.
- No lipstick/balm for 24 hours (if lips treated).
- Avoid dental treatments and facial treatments for 1 week.

SEEK MEDICAL ATTENTION IF YOU NOTICE:

- Severe or increasing pain
- Pale, white, or blotchy skin
- Sudden swelling or hard lumps
- Vision changes or severe headache
- Signs of infection (fever, warmth, pus)