



## **SKIN BOOSTER & UNDER-EYE BOOSTER TREATMENT – PRE-TREATMENT ADVICE**

### **THIS TREATMENT IS NOT AVAILABLE IF YOU ARE PREGNANT OR BREAST FEEDING**

Please follow these guidelines before your appointment to help minimise bruising and optimise your results.

#### **5–7 DAYS BEFORE TREATMENT (IF POSSIBLE)**

- If safe to do so, avoid aspirin unless prescribed by your doctor. It can increase the risk of bruising due to its effect on blood clotting.
- Avoid in-clinic treatments such as chemical peels, lasers, or microneedling.
- Stop using active skincare like retinol, glycolic acid, or other exfoliants.

#### **24–48 HOURS BEFORE TREATMENT**

- Avoid ibuprofen, if possible. It can mildly thin the blood and increase bruising risk.
- Avoid alcohol and caffeine for at least 24 hours before treatment – both can contribute to swelling and bruising.
- Stay well hydrated and avoid direct sun or tanning beds.

#### **ON THE DAY OF TREATMENT**

- Arrive with clean skin (no makeup, skincare products, or SPF if possible).
- Eat a light meal before your appointment to avoid feeling light-headed.
- Let your practitioner know if you, take blood-thinning medications or are pregnant, breastfeeding, or unwell

**ANY CONCERNS PLEASE CALL SARAH ON 07710666599**