



SKIN BOOSTER & EYE BOOSTER – AFTERCARE INSTRUCTIONS

PLEASE FOLLOW THESE AFTERCARE STEPS TO SUPPORT SKIN HEALING AND ACHIEVE OPTIMAL RESULTS:

FOR THE FIRST 24–48 HOURS:

- Do not touch, rub, or massage the treated area.
- Avoid makeup, especially on or around the injection sites.
- Avoid alcohol, caffeine, spicy foods, and smoking (these can increase bruising).
- Keep the area clean and avoid unnecessary touching.
- Avoid strenuous exercise, saunas, steam rooms, or hot showers.

FOR 3–7 DAYS:

- Mild redness, swelling, or small bumps at injection sites are normal and should settle within a few days.
- Avoid active skincare (retinol, acids, scrubs) for at least 5 days.
- Do not have facials, massages, peels, or other facial treatments.
- Use a gentle cleanser and a non-active moisturiser.
- Apply cold compresses gently if swelling occurs (avoid direct ice on skin).

General Tips:

- Results develop gradually over 1–4 weeks, with continued improvement.
- For optimal results, complete your recommended treatment course (usually 2–3 sessions spaced 4 weeks apart).

ANY CONCERNS PLEASE CALL SARAH ON 07710666599