

## Post treatment guidelines

You have undergone a skin treatment and it is highly important to follow these guidelines to get the most out of your treatment.

### Botulinum toxin type A

- For the first hour after treatment gently exercise your face “facial yoga”.
- Remain upright for the first 2-4 hours after treatment, do not bend/lay down or lean forward as this can adversely affect how the toxin will work and can also make any bruising worse.
- Maintain a normal heart rate. Do not go to the gym.
- Stay cool. Stay out of the sun and off tanning beds. Sweating and heat can adversely affect how the toxin will work.
- Avoid touching the area. Do not apply makeup or rub the area as this can displace or disperse the toxin and can lead to an uneven result.
- Avoid alcohol. This too can increase bruising and disinhibits people, making you more likely to forget to follow the guidelines!

### Soft tissue filler

- You will be swollen and bruised after this treatment. This can last 1-10 days, sometimes longer if the bruising is extensive.
- Avoid touching the area for 6 hours. I know it is tempting to feel your new lips – but do not do it!
- Do not apply makeup for 12 hours after treatment.
- Avoid exposure to direct sunlight, UV, extreme heat i.e. saunas, steam rooms, tanning beds. This can increase discomfort and swelling.
- Arnica tablets and cream can be used to help reduce any bruising.
- Avoid alcohol.
- If you experience any lumpiness in the implant areas, then you can gently massage to help smooth these out.
- Avoid any facials, micro-needling etc. until the area has fully healed.

## Skin cauterly

- Keep the area dry for 48 hours
- After 48 hours you may shower and gently wash the area, but do not soak in the bath.
- Do not use shower products directly on the area as this can irritate the skin.
- After showering gently pat the area dry.
- Do not scratch the area. In the case of **cauterly** you may find the area a little itchy, if you scratch you can introduce infection into the area and this could potentially scar.
- You may find with **cauterly** that a small scab develops. Do not pick the scab as this can cause bleeding and scarring. You can apply a small amount of Vaseline™ or an antiseptic cream to the area. This will help it to heal and prevent/minimise scarring.
- Do not use scented soaps, makeup or lotions on the area until it has fully healed.
- Do not go swimming until the area has healed.
- Avoid direct sunlight and tanning beds as this could cause hyper-pigmentation of the skin.
- If you do go out in the sun, please wear factor 50 sunscreen.
- You may have discolouration of the skin (pinker, darker lighter) after the area has healed. This could last for up to a year, and sometimes is permanent. Everybody's skin reacts differently.
- If the area becomes painful, red or swollen/inflamed, please contact me, as there may be a secondary infection.

## Cryotherapy

- After **cryotherapy** the skin will become red, this is normal.
- Occasionally with **cryotherapy** the skin may blister. You can cover the area with a sterile dressing until it has healed, do not burst the blister.
- The day after your treatment you can gently wash the area and pat it dry.
- Apply Vaseline™ daily to aid healing.
- Do not use scented soaps, makeup or lotions on the area until it has fully healed.
- Avoid direct sunlight and tanning beds.
- If you do go out in the sun, please wear factor 50 sunscreen.
- You may have discolouration of the skin (pinker, darker lighter) after the area has healed. This could last for up to a year, and sometimes is permanent. Everybody's skin reacts differently.
- If the area becomes painful, red or swollen/inflamed, please contact me, as there may be a secondary infection.

**If you have any concerns post treatment, please contact me for advice or even just reassurance. I am here for my clients before, during and after treatment, which is the assurance you get with having your treatment through a registered medical aesthetician.**

*Rachel Jefford, CEO and founder of Trusted Touch Medical Aesthetics*