

## AMI EYES: AFTERCARE GUIDE

Congratulations on your decision to undergo the AMI EYES tissue stimulator procedure! To ensure the best results and minimise any potential complications, please adhere to the aftercare instructions provided below:

### Immediate Aftercare (First 24 Hours):

- **Avoid Touching:** Do not touch or rub the treated area.
- **Cold Compress:** If you experience swelling, apply a cold compress for 10 minutes every hour.
- **Stay Upright:** Endeavour to remain upright and avoid lying down flat to prevent swelling.
- **Avoid Make-up:** Do not apply make-up or other skincare products to the treated area for the first 24 hours.

### General Aftercare:

- **Gentle Cleaning:** Clean the area with a mild cleanser and lukewarm water. Avoid using hot water or any products that contain alcohol or acids.
- **Hydration:** Keep the skin hydrated with a gentle, hypoallergenic moisturiser recommended by your practitioner.
- **Sun Protection:** Protect the treated area from direct sunlight. Use a broad-spectrum sunscreen with an SPF of 30 or higher.

### Avoid:

- **Intense Physical Activity:** Refrain from strenuous exercises or activities that can cause sweating for at least 48 hours.
- **Heat:** Stay away from saunas, steam rooms, and hot showers for at least 48 hours.
- **Exfoliants:** Do not use exfoliating products or tools on the treated area for one week.
- **Alcohol:** Avoid consuming alcohol for at least 24 hours post-procedure. Alcohol can increase the risk of swelling and bruising.

### Possible Side Effects:

- **Swelling, Redness, and Bruising:** These are common and should subside within a few days.
- **Tenderness:** The treated area might feel tender or sensitive. This should gradually improve over a few days.
- If any of these side effects persist or seem abnormal, please contact your practitioner.

### Follow-Up:

- Schedule a follow-up appointment with your practitioner to assess the results and address any concerns.
- If you have any immediate concerns or experience severe side effects, contact your practitioner right away or seek medical attention.

Long-term Care:

- To maintain the results, it's vital to follow a proper skincare routine, which includes cleansing, moisturising, and sun protection.
- Discuss with your practitioner any potential need for maintenance sessions.
- Remember, everyone's skin reacts differently. It's essential to listen to your body and follow the provided instructions. By taking appropriate care of the treated area, you can enjoy the benefits of the AMI EYES procedure for a prolonged period.