

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

- Avoid touching or rubbing the treated area for at least 6 hours after the treatment.
- Do not apply any makeup or skincare products to the treated area for at least 6 hours after the treatment.
- Avoid exposure to direct sunlight, tanning beds, saunas, or hot tubs for at least 24 hours after the treatment.
- Avoid strenuous exercise and activities that cause excessive sweating for at least 24 hours after the treatment.
- Do not take any anti-inflammatory medications, such as aspirin or ibuprofen, for at least 24 hours after the treatment, unless directed by your healthcare provider.
- If you experience any discomfort, swelling, or redness in the treated area, you can apply a cool compress to the area to help alleviate these symptoms.
- If you experience any unusual or severe side effects, such as excessive swelling or blistering, please contact your healthcare provider immediately.

It is important to remember that the full effects of your Seventy Hyal treatment may take several days to appear. You may experience some initial swelling, redness, or bruising, but these should gradually subside within a few days.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.