



Aftercare Guides for Aesthetics

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Microneedling Aftercare

Microneedling, also known as skin needling or collagen induction therapy, is a cosmetic procedure that uses tiny, sterile needles to create controlled micro-injuries in the skin. These micro-injuries stimulate the body's natural healing process, leading to increased collagen and elastin production, which are crucial for healthy, youthful skin. This process can improve various skin conditions, including wrinkles, scarring, and pigmentation.

MICRONEEDLING 24 HOUR AFTERCARE GUIDE



Refrain from
doing workouts.



Avoid make up



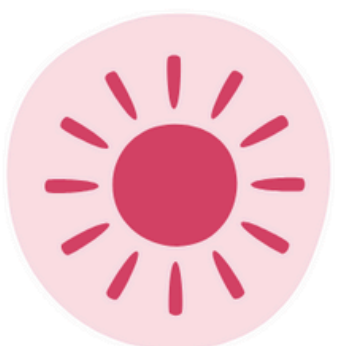
Apply cold
compress



Apply a gentle
cleanser &
moisturiser



Apply SPF30
for 7 days



Avoid sun
exposure

Botox Aftercare

Botox is a brand name for botulinum toxin, a protein produced by the bacterium *Clostridium botulinum*. It's a neurotoxin that blocks nerve signals, causing temporary muscle paralysis.

It's most commonly used for cosmetic purposes to reduce wrinkles and fine lines by relaxing the muscles in the face.

BOTOX 24 HOUR AFTERCARE GUIDE



*Refrain from
doing workouts.*



Avoid swimming



*Avoid alcohol
& smoking*



*Do not lie flat
for 4 hours*



*Avoid extreme
temperatures*



*Avoid touching
the area.*

Skin Booster Aftercare

Skin boosters are injectable treatments designed to improve skin quality by enhancing hydration and promoting a natural glow.

Unlike traditional fillers that add volume, skin boosters focus on improving skin texture, elasticity, and overall tone. They are often formulated with hyaluronic acid, which helps to attract and retain moisture in the skin.

SKIN BOOSTER 24 HOUR AFTERCARE GUIDE



*Refrain from
doing workouts.*



Avoid makeup



*Avoid alcohol
& smoking*



Apply ice pack



*Use a gentle
cleanser &
moisturiser*



*Avoid Touching
The area.*

Facial Aftercare

A facial is a skin care treatment designed to improve and rejuvenate the skin of the face.

It typically involves a series of steps, including cleansing, exfoliation, and the application of masks or serums tailored to individual skin types and concerns.

FACIAL 24 HOUR AFTERCARE GUIDE



Avoid Touching



Avoid make up



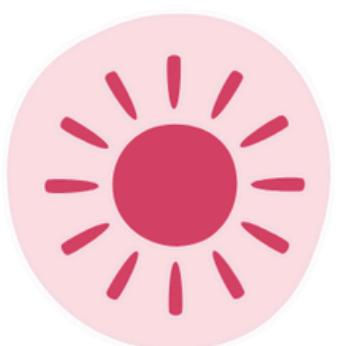
Stay hydrated



*Apply a gentle
cleanser &
moisturiser*



Apply SPF30



*Avoid sun
exposure*

Dermal Filler Aftercare

Dermal fillers are injectable cosmetic treatments used to restore volume, smooth wrinkles, and enhance facial contours.

They are typically gel-like substances, often made from hyaluronic acid, which is a naturally occurring compound in the skin. These fillers are injected under the skin to add volume, lift areas, and fill in wrinkles or lines.

DERMAL FILLER 24 HOUR AFTERCARE GUIDE



Refrain from
doing workouts.



Avoid make up



Avoid alcohol
& caffeine



Drink plenty of
water



Avoid blood
thinning medication



Avoid extreme
heat

Dermaplaning Aftercare

Dermaplaning is a non-invasive exfoliation procedure that uses a sterile scalpel to gently remove the top layer of dead skin cells and fine facial hair (peach fuzz).

A trained professional meticulously scrapes the skin, effectively exfoliating and revealing a smoother, brighter complexion.

DERMAPLANING 24 HOUR AFTERCARE GUIDE



Avoid Touching



Avoid waxing



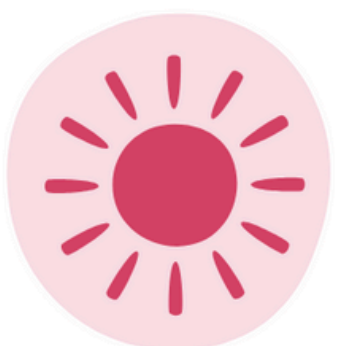
Stay hydrated



*Apply a gentle
cleanser &
moisturiser*



Apply SPF30



*Avoid sun
exposure*