

# **Saline Removal Aftercare**

It is critical to follow all aftercare instructions until all scabbing is complete to

prevent complications, scarring and to achieve optimum results. Please read

carefully.

1.CLEAN: Keep the removal area clean, dry and open to the air. Do not cover with anything to

ensure a faster healing time. Only touch the area with clean hands.

2. WIPE: Wipe over the area with saline 3 to 4 times a day using a clean cotton pad or gauze.

3. DO NOT USE ICE.

3. KEEP THEM DRY: Don’t soak the removal area in water. You can shower as normal but keep

the area out of the shower sprays the best you can and do not let the area stay wet for more than

a few minutes. It is best to keep it dry but if you do get it wet gently pat dry. This includes steam

and sweat, so no saunas or steam of any kind, and no sweaty exercise.

4. DON’T PICK: All scabbing needs to fall off naturally. If you force or pick a scab off you will

disrupt the process and possibly cause scarring. It is critical to keep the scabs on as long as

possible to achieve optimum results.

5. BE PROTECTIVE: Do not do anything to disrupt the healing process.

6. ONCE HEALED: Now you can apply some Vitamin E Oil throughout the day for at least 4

weeks, or until the next session. Start this AFTER all scabs have fallen off. It is our goal to keep

the area as dry as possible until all scabs have naturally fallen off.

8. LIPS: Avoid abrasive items like straws and cup lids while healing. Be mindful of facial

expressions so you don’t create cracks in scabs.