



POST

CARE

RECOMENDATION



Injections

face + lips

Food	The Mediterranean diet includes fruits, vegetables, whole grains, and healthy fats.
Water	At least 8 glasses or 64 ounces of water per day to stay well-hydrated.
Sleep	Most adults require between 7 to 9 hours of sleep per night for optimal health and recovery.
Vitamins	Vitamin C for collagen production and immune support, Vitamin E for skin healing and Vitamin D for overall skin.

Lip Filler:

- Avoid touching or applying pressure to the lips for the first 24 hours.
- Avoid strenuous exercise for 24 hours.
- Apply ice to reduce swelling for the first few days.
- Avoid hot drinks and spicy foods for 24 hours.
- Use a gentle cleanser and avoid harsh scrubbing of the lips.

Botox Injections:

- Avoid touching or applying pressure to the injected area for the first 24 hours.
- Avoid strenuous exercise for 24 hours.
- Avoid rubbing or massaging the treated area.
- Do not lie down for at least 4 hours after treatment.
- Avoid alcohol consumption for 24 hours.

Dermal Filler:

- Apply ice to reduce swelling.

- Avoid strenuous exercise for 24 hours.
- Avoid exposure to direct sunlight and heat for the first few days.
- Avoid touching or applying pressure to the treated area.
- Use a gentle cleanser and avoid harsh scrubbing of the skin.

PRP (Platelet-Rich Plasma):

- Avoid touching or washing the treated area for at least 8 hours.
- Avoid strenuous exercise for 24 hours.
- Avoid exposure to direct sunlight and heat for the first few days.
- Use a gentle cleanser and avoid harsh scrubbing of the skin.
- Avoid alcohol consumption for 24 hours.

PRF (Platelet-Rich Fibrin):

- Apply ice to reduce swelling.
- Avoid strenuous exercise for 24 hours.
- Avoid exposure to direct sunlight and heat for the first few days.
- Use a gentle cleanser and avoid harsh scrubbing of the skin.
- Avoid alcohol consumption for 24 hours.

Sculptra:

- Massage the treated area as instructed by your provider to distribute the product evenly.
- Avoid exposure to direct sunlight and heat for the first few days.
- Avoid strenuous exercise for 24 hours.
- Use a gentle cleanser and avoid harsh scrubbing of the skin.
- Avoid alcohol consumption for 24 hours.

PDO Threads:

- Avoid touching or applying pressure to the treated area for the first few days.
- Avoid strenuous exercise for 24 hours.
- Avoid exposure to direct sunlight and heat for the first few days.
- Use a gentle cleanser and avoid harsh scrubbing of the skin.
- Avoid alcohol consumption for 24 hours.

Under-Eye Treatment:

- Use a gentle cleanser and moisturizer to keep the skin hydrated.
- Avoid sun exposure and use sunscreen with an SPF of 30 or higher.
- Apply cold compresses or chilled cucumber slices to reduce swelling and soothe the area.
- Avoid rubbing or touching the treated area.
- Follow your provider's post-care instructions for optimal results and healing.

Laser Hair Removal

all areas

Before	<ul style="list-style-type: none">● Avoid sun exposure or tanning beds for at least two weeks prior to treatment.● Shave the area to be treated the day before or the day of the appointment.● Avoid waxing, plucking, or electrolysis for six weeks before treatment.● Inform your provider of any medications you are taking, as some may increase sensitivity to light.
After	<ul style="list-style-type: none">● Avoid sun exposure and use sunscreen with an SPF of 30 or higher.● Do not wax, pluck, or use depilatory creams between sessions.● Avoid hot showers, saunas, and strenuous exercise for 24 hours post-treatment.● Apply aloe vera or a soothing cream to the treated area if you experience redness or irritation.● Follow your provider's recommendations for follow-up appointments and care.

Microneedling + CO2 Laser

all areas

Before	<ul style="list-style-type: none">● Avoid sun exposure and tanning beds for at least two weeks prior to treatment.● Discontinue use of retinoids and exfoliating agents for one week before treatment.● Inform your provider of any medications you are taking, as some may affect the treatment.
After	<ul style="list-style-type: none">● Use a gentle cleanser and moisturizer to keep the skin hydrated.● Avoid sun exposure and use sunscreen with an SPF of 30 or higher.● Avoid picking or scratching the treated area to prevent scarring.● Avoid hot showers, saunas, and strenuous exercise for 24-48 hours post-treatment.● Follow your provider's post-care instructions carefully to ensure optimal healing and results.

Skin Care

all areas

Facial Treatment:

- Avoid sun exposure and tanning beds for at least 24-48 hours.
- Use a gentle cleanser and moisturizer suitable for your skin type.
- Apply sunscreen with an SPF of 30 or higher before sun exposure.
- Avoid harsh or exfoliating skincare products for the first few days.
- Follow any additional post-care instructions provided by your esthetician or skincare provider for best results.

Acne Treatment:

- Follow your skincare provider's specific post-treatment instructions.
- Use gentle, non-comedogenic skincare products.
- Avoid picking or squeezing acne lesions to prevent scarring.
- Apply sunscreen daily to protect your skin from UV damage.
- Follow up with your provider for any necessary follow-up appointments or treatments.

Melasma Treatment:

- Follow your skincare provider's specific post-treatment instructions.
- Use gentle, non-comedogenic skincare products.
- Avoid sun exposure and wear sunscreen with an SPF of 30 or higher.

- Consider using products containing ingredients like hydroquinone, kojic acid, or retinoids to help maintain results.
- Follow up with your provider for any necessary follow-up appointments or treatments.

Tattoo Removal Treatment:

- Keep the treated area clean and dry.
- Apply a recommended ointment or dressing as directed by your provider.
- Avoid picking at scabs or blisters to prevent scarring.
- Protect the treated area from sun exposure by covering it or using sunscreen.
- Follow up with your provider for any recommended follow-up treatments or care.