



**POST**

**CARE**

**RECOMENDATION**



# Injections

face + lips

<b>Food</b>	The Mediterranean diet includes fruits, vegetables, whole grains, and healthy fats.
<b>Water</b>	At least 8 glasses or 64 ounces of water per day to stay well-hydrated.
<b>Sleep</b>	Most adults require between 7 to 9 hours of sleep per night for optimal health and recovery.
<b>Vitamins</b>	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.
- Avoid rubbing or touching the treated area.
- Follow your provider's post-care instructions for optimal results and healing.

### **Tixel 2:**

- Refrain from applying makeup or other skincare products for at least 24 hours.
- Apply a broad-spectrum sunscreen with SPF 50+ daily. Reapply every 2 hours if you are outdoors. Avoid direct sun exposure for at least 2 weeks.

- Keep your hands away from the treated areas for at least 4–6 hours after treatment to prevent infection.
- Use a gentle, hydrating moisturizer to keep the skin nourished.
- Avoid harsh ingredients like retinol, AHA/BHA acids, or exfoliants for 5–7 days.
- Avoid activities that can cause excessive heat, such as hot showers, saunas, steam rooms, or intense workouts, for 48 hours post-treatment.

# Laser Hair Removal

all areas

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

# Microneedling + CO2 Laser

all areas

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

# 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.