



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.
- Avoid rubbing or touching the treated area.
- Follow your provider's post-care instructions for optimal results and healing.

Exosomes:

- Avoid touching or applying makeup to the treated area.
- Do not use active skincare (acids, retinoids, vitamin C).
- Skip saunas, hot showers, steam rooms, or strenuous workouts.

- Minor redness or swelling may occur – it's normal and usually resolves within 24–48 hrs.
- Use gentle cleanser and hydrating serum only.
- Avoid direct sun exposure; always apply SPF 30+.
- Expect improved texture, glow, and skin regeneration within 2–4 weeks.

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.

Stem Cells:

- Avoid touching, rubbing, or massaging treated areas for 24 hours.
- No hot tubs, saunas, or excessive sweating for 48 hours.
- Limit alcohol and anti-inflammatory medications for 3 days unless prescribed.
- Continue antioxidant-rich skincare and high hydration routine.
- Visible rejuvenation typically begins within 2–6 weeks, depending on treatment area and protocol.

Microneedling:

- Do not wash your face for **at least 12 hours**.
- Avoid touching the treated area unnecessarily.
- No makeup, active skincare, or sunscreen during the first 24 hours.
- Mild redness, warmth, or tightness is normal.
- Use only gentle cleanser and **clinic-approved hydrating serum or exosome solution**.
- Avoid workouts, hot showers, or saunas for **48 hours**.
- Do not exfoliate or use acids, retinol, or vitamin C for **5–7 days**.
- Use **broad-spectrum SPF 30+ daily** to prevent pigmentation.

Subsicion:

- Swelling, bruising, and mild tenderness are normal for a few days.
- Apply a cold compress (not ice directly on skin) for 10–15 minutes as needed.
- Keep the area clean and dry for 24 hours.
- Avoid makeup, exfoliants, acids, and retinoids.
- Apply prescribed ointment or gentle healing cream as directed.
- Avoid massaging the area unless specifically advised by your provider.
- No strenuous exercise, sauna, or alcohol for **48 hours**.
- Use **broad-spectrum SPF 30+ daily** to prevent pigmentation.

Lasers

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.

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.

Laser Tattoo / Permanent Makeup (Brows) Removal

all areas

Before	<ul style="list-style-type: none">● Avoid sun exposure and tanning (including self-tanners) for 2 weeks prior.● Do not apply any creams, deodorant, or makeup on the treated area on the day of procedure.● Shave the area if it's covered with hair (no waxing or depilation).● Discontinue retinoids, acids, and active skincare 3–5 days before treatment.● Stay hydrated and ensure you've eaten before your appointment.
After	<ul style="list-style-type: none">● Expect redness, whitening (“frosting”), swelling, or pinpoint bleeding – this is normal.● Keep the area clean, dry, and covered for 24 hours.● Apply a soothing ointment (like Aquaphor or doctor-recommended healing cream) 2–3× daily.● Do not pick, scratch, or peel any scabs or blisters – let them heal naturally.● Avoid:<ol style="list-style-type: none">1. Direct sun or tanning for 4 weeks2. Pools, saunas, and workouts for 48 hours3. Harsh products until the area is fully healed● Use SPF 30+ daily on the treated area once healed.● Follow-up sessions are typically every 6–8 weeks apart for optimal fading.

Melasma/Sun Spot Laser

all areas

Before	<ul style="list-style-type: none">● Avoid sun exposure and tanning (including self-tanners) for 2 weeks prior.● Do not apply any creams, deodorant, or makeup on the treated area on the day of procedure.● Shave the area if it's covered with hair (no waxing or depilation).● Discontinue retinoids, acids, and active skincare 3–5 days before treatment.● Stay hydrated and ensure you've eaten before your appointment.
After	<ul style="list-style-type: none">● Expect redness, whitening (“frosting”), swelling, or pinpoint bleeding – this is normal.● Keep the area clean, dry, and covered for 24 hours.● Apply a soothing ointment (like Aquaphor or doctor-recommended healing cream) 2–3× daily.● Do not pick, scratch, or peel any scabs or blisters – let them heal naturally.● Avoid:<ol style="list-style-type: none">1. Direct sun or tanning for 4 weeks2. Pools, saunas, and workouts for 48 hours3. Harsh products until the area is fully healed● Use SPF 30+ daily on the treated area once healed.● Follow-up sessions are typically every 6–8 weeks apart for optimal fading.

ILaser

all areas

Before

- Avoid sun exposure, tanning beds, and self-tanners for **4–6 weeks** before treatment.
- Apply **SPF 30+** daily for at least **1 month** prior if treating sun-exposed areas.
- No **bleaching, plucking, waxing, or electrolysis** on the area for **6 weeks**.
- **Shave** the treatment area carefully the **night before** your appointment.
- You may continue to shave as needed between sessions.
- If you have a **history of cold sores**, start **antiviral medication (Valtrex or similar)** 1 day before and continue for 1 week after.
- Discontinue **retinoids, acids, or exfoliating skincare** for 3 days before treatment.
- Arrive with **clean skin** – no makeup, lotion, deodorant, or sunscreen.

After

- Mild redness or swelling is normal for a few hours – the skin may feel sunburned.
- Keep the area **moist and soothed** with **Aquaphor Healing Ointment** or **Aloe Vera Gel**.
- If blistering or scabbing occurs, switch to **Bacitracin Ointment** and **contact the office**.
- Do **not pick, rub, or scratch** the treated area.
- Avoid **heat exposure** (hot showers, saunas, cooking over the stove) for **24 hours**.
- Use only **gentle cleansers** and **lukewarm water** until the skin returns to normal.
- Avoid **retinoids, glycolic acid, and alpha-hydroxy products** for several days.
- Once healed, apply **SPF 30+** daily to protect from pigmentation.
- Makeup can be resumed when the skin looks and feels normal.
- Hair shedding may occur **5–7 days** after treatment.
- Schedule your **next session in 4–8 weeks** as advised by your provider.