

Your Post Care Instructions Polynucleotides

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner.

If you have any concerns or questions please call us on 0333 242 8528.

- Avoid touching the treated area for 6 hours after the treatment.
- After that the area can be washed with a gentle cleanser.
- Avoid make up or creams on the treated area for 24 hours after treatment.
- Do not expose the treated area to intense heat (e.g. sauna, steam rooms, hot showers and sunbathing) or extreme cold, until the initial swelling and redness have resolved.
- Avoid Radiofrequency, IPL, laser, or any other heat treatments near the treated area for 2 weeks.
- Avoid alcohol consumption for 24 hours before and after treatment.
- Avoid strenuous exercise or swimming for 24 hours after treatment.
- Avoid tanning booths for 2 weeks after your treatment.
- Apply SPF50 sunscreen.

You should begin to see an improvement in skin quality, skin hydration and texture when the swelling subsides usually around 3-7 days, due to the time needed for the bio-revitalisation and collagen stimulation.

If you experience severe pain or any skin colour changes, such as an area of skin becoming purple or red, or bruising appears abnormal, please contact the clinic immediately.

The below products are recommended by The Cosmetic Skin Clinic to enhance your results, support skin health, and reduce the risk of complications. If the advice given by your practitioner differs from the information below, please follow your practitioner's guidance.

- Obagi Sun Shield SPF 50
- Alastin Ultra Nourishing Moisturiser
- ZO Recovery Crème

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.