



EMMA ELLIOTT

CLINIC & TRAINING ACADEMY

SKIN BOOSTER AFTERCARE

- Immediately after treatment you may feel/see small lumps this is perfectly normal and temporary, these will disappear after few hours/days
- There may be redness itchiness at the site of injection this can last for up to 1-2 days rarely longer
- Swelling and tenderness may be experienced for 2-3 days and bruising may occur which can last 1-10 days, all of these responses are perfectly normal and should resolve quickly
- Do not touch injected area for a few hours and avoid makeup for 24 hours
- If possible, it is advised to sleep on back for a few nights after treatment
- Avoid alcohol or exercise for 24 hours after treatment
- Avoid sunbathing, sauna, steam room, sunbeds and extreme cold weather until all swelling has gone
- Avoid facials, dermaplaning, peels, laser treatments, and other facial treatments for a minimum of 2 weeks after treatment. use a good SPF 50 or higher every day.
- If you feel any discomfort use paracetamol, and any bruising use arnica cream/gel
- If swelling or pain beyond the tenderness you would expect then please contact your aesthetics practitioner as soon as possible
- Symptoms of a severe allergic reactions can include shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pains or diarrhoea. if you have any of these symptoms please contact your nearest accident and emergency department or call 999.