










SKIN BOOSTERS

AFTERCARE GUIDE

You've invested in your skin's health—now let's protect your results. Following these aftercare instructions helps ensure optimal hydration, glow, and long-lasting benefits.

THE FIRST 24–48 HOURS

-  Avoid touching, rubbing, or massaging the treated areas.
-  Apply a cold compress gently as needed to reduce swelling (10 minutes on, 10 minutes off).
-  Avoid makeup for 24 hours.
-  Avoid strenuous exercise, heavy lifting, and activities that increase your heart rate for 24–48 hours.
-  Avoid alcohol for 24 hours to minimize bruising.
-  Avoid excessive heat including saunas, steam rooms, hot baths, and sunbeds for 48 hours.
-  Minor swelling, redness, tenderness, or small bumps at injection sites are normal and typically resolve within 1–3 days.

COMING UP NEXT



For best results, a course of treatments is recommended.

Typically:

- ♥ 3 treatments
4 weeks apart
- ♥ Then maintenance every
3–6 months

Don't forget!

BOOK YOUR NEXT APPOINTMENT

Staying consistent helps your skin stay hydrated, plump, and radiant.

Our team will be happy to help you plan your next treatment.

ONGOING CARE



Keep your skin hydrated—drink plenty of water.



Use a gentle skincare routine and avoid active ingredients (retinol, acids, vitamin C) for 2–3 days.



Wear SPF 30+ daily to protect and maintain your results.

WHAT TO EXPECT



- ♥ Skin will feel more hydrated, smooth, and radiant.
- ♥ Results improve over the following days as hydration builds.
- ♥ Glow and skin quality will continue to improve with each treatment.



PLEASE CONTACT US IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- ✗ Severe pain, swelling, or redness
- ✗ Signs of infection (warmth, pus, fever)
- ✗ Prolonged lumps or unusual skin changes
- ✗ Any other concerns

We're here to help.



EMERGENCY CONTACT

Lyndsey Rhodes

07940443164

Contact your injector immediately if you experience any of the above signs.

Your safety is our highest priority.

THANK YOU FOR TRUSTING US WITH YOUR CARE.

You deserve to feel beautiful and confident.