

dr.laura clinic

Profhilo Post Care



Aftercare and advice

Things to avoid AFTER YOUR proffilo treatment

After treatment, most people can resume their normal daily activities. Immediately after treatment, there may be some redness, tenderness and swelling at the injection sites and there will likely be visible lumps at the injection sites. Bruising may be obvious immediately after treatment and may be quite pronounced.

Although there is little evidence, many practitioners advise the following:

- Do not apply make-up for 12 hours after treatment to reduce the risk of infection.
- Avoid saunas, swimming pools and sunbeds until the initial swelling and redness has settled.
- Try to avoid touching or rubbing the treated area until the following day, as you may affect the results of treatment or cause infection, unless otherwise advised by your treating practitioner.
- Massage of the area is not required; the product will diffuse naturally on its own.
- Avoid extremes of hot or cold and vigorous exercise until the initial swelling has resolved.
- If swelling persists, you may be advised to apply a cool pad to help remedy this.
- Contact your practitioner if you experience any unwanted side-effects.

If you are unsure of any of the above please contact us
hello@drlauraclinic.ie