

Mesotherapy

Please read carefully and understand all information provided in this post care guide.

After the treatment the first 24–48 hours you will experience redness, swelling and tenderness in the treated areas.

These responses are normal and resolve quickly and spontaneously over the next 2-4 days. You can apply light water-based or mineral makeup where necessary after 24hours.

Drink plenty of cold water for 48 hours after the procedure. Bruising at the site of injection is also common and resolve completely in 1-10 days.

There are several things you can do to help bruising. Swelling and bruising can give the appearance of 'unevenness' in the area treated. This will settle once the swelling and bruising has gone.

Please contact the clinic for advice if there is any 'unevenness' present after 14 days.

After your hydrating skin booster treatment, you should:

- Avoid alcohol, caffeine, hot drinks and spicy food for 24 hours, as these may exacerbate bruising and swelling.
- Avoid medications such as aspirin or nurofen for 1-2 weeks as they are blood thinning agents and may exacerbate bruising (if these medications have been advised by your GP please check with your GP before stopping them).
- Avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 1-2 weeks (if these supplements have been advised by your GP please check with your GP before stopping them).
- Avoid exercise/exertion for 24 hours
- Avoid excess sun exposure for 48 hours
- Avoid any cosmetic procedures for 2 weeks.

For those with a history of cold sores may experience reactivation following treatment.

After hours number +61 439 517 101

www.adelaidesculpsure.com.au



Adelaide clinic +61 415 317 101
Berri clinic 08 8582 2855

enquiry@adelaidesculpsure.com.au