

## Your Post Care Instructions Profhilo / Profhilo Structura

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.

PLEASE NOTE: The below are common side effects associated with Profhilo treatments. If you experience any of the below please do not worry. If side effects continue beyond 48 - 72 hours or you have any concerns or questions please call us on 0333 242 8528.

- Redness
- Tenderness
- Swelling
- Bruising
- Superficial raised bumps at injection site, usually gone within 1 – 3 days.

After your treatment please avoid the following:

- Touching the treated area within the following six hours after treatment
- Applying make up for six hours or, if possible, the next day
- Exposure to intense heat i.e. sun, solarium
- Exposure to cold
- Excessive exercise
- Facials for 2 weeks

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.

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.