

HCP Treatment Pre-Care and After-Care

Make-up must not be worn for 24 hours post treatment.

Avoid alcohol and exercise for 24 hours post treatment.

You can wash your face and apply products as normal post treatment but please be gentle for the first 2 weeks.

Refrain from placing any pressure on the treated area for the first 2-week post treatment.

Avoid sunbathing, sunbeds and/or saunas for 2 weeks post treatment. These activities have been found to increase and prolong bruising and swelling.

Following a treatment the area will swell, this is the body's natural healing response. The first 3 days post treatment are usually the worst, and you may find throughout these days the swelling increases. Following this initial stage, the swelling will begin to decrease, and it will take up to 4 weeks for the swelling to have reduced fully.

Bruising may appear immediately or take a few days to appear. Bruising generally resolves within 2 weeks but around the eye area it will take longer as this area has a poor lymphatic system.

Arnica cream or gel may help to reduce bruises faster.

Please avoid taking Ibuprofen and alcohol for 48 hours after treatment, as this can increase bruising.

Always wear a high SPF to protect your skin.

Tenderness in the area injected is normal and will settle as the body heals.

If you have any general concerns or questions, you can contact Therapie Clinic within clinic hours.

If you have any life-threatening issues i.e., breathing difficulties and/or anaphylaxis please call 999 immediately.

As well as following the above advice please see below for specific treatment advice. If your treatment is not listed below, then please follow the above advice only.

Prophilo:

Where the product has been injected it may show a lump for up to 72 hours. This will reduce as the product disperses into the face.

Potenza:

The skin may be compromised and red for several days after the treatment. This will subside as the area heals.

Please do not use any abrasive products like exfoliates or retinol when the skin is in the healing stage.

HCP Treatment Pre-Care and After-Care

Dermal Filler:

During the swelling stage the dermal filler may feel lumpy, hard and look asymmetrical. This is normal and will settle as the swelling decreases.

In some cases, the HCP may purposely inject a bolus of filler into an area to create shape and volume. When touching the skin, you may feel it. This is normal, please do not smooth it down unless the HCP informs you to as the result will be affected.

You must not have dental work for 4 weeks pre and post treatment to reduce the risk of an infection.

If you experience intense pain in the injection area, mottling or blanching of the skin it is vital that you contact Therapie Clinic.

Toxin:

Following the Toxin treatment, you may have small red lumps or swelling at the injection site. These usually resolve within 24 hours.

Bruising may appear immediately or take a few days to appear. Bruising generally resolves within 2 weeks but around the eye area it will take longer as this area has a poor lymphatic system.

As the Toxin begins to work you may feel a sense of heaviness in the area. This is normal and usually resolves at the 2-week mark.

You may start to see the effects of Toxin after 7 days, but it will take 14 days for the full result. 4-6 weeks for larger muscles.

Within the 14 days' timeframe the treated area may look asymmetrical or lumpy as part of the muscle has taken effect before the other. This is normal and usually resolves at 14 days post treatment.

If there are areas that need more Toxin you can come back for a review at 2-3 weeks. The HCP will assess the area and add more Toxin if needed.

For larger muscles: Masseter, Calves and Trapezium muscles the review will be at 4-6-weeks post treatment.

If you have had your Calf or Trapezium treated with Toxin, be aware that once the muscles have relaxed your legs and arms will ache more easily.

Polynucleotides:

The patient understands that there are no instant results, result timings vary upon lifestyle, skin condition, age and compliance to course however most people will see results after 6 weeks.