



# Mesotherapy & Profhilo

## Aftercare

1. Please avoid the use of makeup for the rest of the day to prevent the introduction of infection to the injection sites. If you have had lip filler, then keep lips well hydrated with a simple lip balm for the next few days.
2. Do not use a sunbed, sunbathe, sauna or steam bath for 24 hours after Mesotherapy.
3. Skin may feel dry and tight, this is quite normal. Please use extra moisturiser!
4. It is normal for there to be slight redness, swelling and tenderness around the treated area immediately after treatment. These signs generally disappear within a few days, but make sure you contact us if they persist.
5. Always use recommended sun protection.
6. Avoid electrolysis, waxing, bleaching (face) for 5 days.
7. Do not swim in chlorinated water for 3-5 days.
8. Avoid pressure on the area for the first 48 hours.
9. Avoid alcohol for 24 hours.
10. Do not massage the treatment area unless instructed to do so.
11. Avoid strenuous exercise immediately after.

