



## Patient After Care Information

***Following any injectable treatment, it is advised to not take vitamin E, Aspirin or consume alcohol for 24 hours.***

## Anti-Wrinkle Injections

Following treatment with any Botulinum Toxins, these simple advice protocols are most useful for ensuring best treatment results:

- 1.** Avoid lying completely flat or bending down excessively for the first two-three hours.
- 2.** Do gently exercise the facial muscles of the treated areas by frowning/smiling or lifting the eyebrows occasionally. This will optimise the final result.
- 3.** Do not have a facial, facial massage or sauna for 24 hours following treatment.
- 4.** Avoid vigorous exercise for 24 hours following treatment.

## Hyperhidrosis Treatments (using Botox)

- 1.** Normal activities can be resumed immediately following treatment. However, it is advisable to avoid vigorous exercise for 24 hours.
- 2.** There is a small chance of redness and bruising – this will resolve quickly and does not require attention.
- 3.** Do not have electrolysis, laser treatment, electrical beauty treatments or waxing (to the treated area) for one week following treatment.

## Lip Filler Treatments

There is likely to be swelling after any lip filler treatment, as the lips are particularly sensitive and it can take up to a week for your lips to settle to their new shape.

- 1.** Swelling generally settles within 12-24 hours of treatment. Gently apply a cold compress to help reduce swelling as required.
- 2.** Bruising can occur but usually settles within one week.
- 3.** Any redness is variable and normally settles within 12-24 hours.

## Dermal Fillers

It is likely you will be a little red, bruised and/or swollen immediately after treatment – this is totally normal. However once any bruising and swelling has subsided after a few days, you can enjoy the final result.

- 1.** If make-up is required, please apply a mineral make up for up to six hours after treatment.
- 2.** Standard make-up is fine for use after this time.
- 3.** Avoid excessive exercise for six hours following treatment.
- 4.** Avoid sun beds for 24 hours following treatment.
- 5.** Do not have a facial, facial massage or sauna for 72 hours following treatment.

## Sculptra

Due to the depth the Sculptra needle penetrates, there is potential for severe bruising to the treated areas (which can be expected to last the same time as a regular bruise to any other part of your body). To ensure the success of the gradual long lasting effects of Sculptra, it is important that you adhere to the following instructions:

- 1.** Use moisturising cream or any other appropriate cream to reduce friction, gently massage the treated areas for the first few days as instructed by your practitioner.
- 2.** Within the first 24 hours of treatment, apply a cold compress to the treated areas to help reduce swelling. (Wrap ice in cloth to avoid putting ice directly onto skin.)
- 3.** Make-up may be applied a few hours after treatment if no complications are evident.

## Venus Viva

After your treatment we will have applied an anti-inflammatory cream/gel. This will soothe any inflammation.

- 1.** Post treatment cooling is not necessary. If there is some post-treatment discomfort, we can cool the treated area immediately with air cooling.
- 2.** Tiny scabs of less than 1mm diameter will usually form 24–72 hours post treatment and may remain for a few days. The scabs should not be touched or scratched even if they itch, and should be allowed to shed naturally. We may have given you a small supply of an anti-inflammatory ointment. Please apply it to the treated areas in the evening and again the following morning. This helps to settle the inflammation.
- 3.** During the first two days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- 4.** Moisturiser may be applied several hours after treatment and then should be applied regularly throughout the healing phase.
- 5.** Make-up may be applied 12 hours after each treatment if desired, unless an unwanted reaction occurs in the area. Generally 24 hours after treatment, you may use your normal cleanser, but not scrub soaps or exfoliants or retinol base products.
- 6.** You should use a high-factor sunscreen (at least SPF 50) and protect the treated area from sunlight for at least one month after the treatment.
- 7.** Tanning of any sort (sun exposure, tanning beds, and artificial sunless tanning lotions) is not allowed in the treated areas during the entire course of the treatment, and for at least one month after the last treatment. Tanning after treatment may cause hyperpigmentation.

# Laser Treatment

## Pre Treatment Information

1. The area of treatment should be shaved at least 12 hours prior to treatment.
2. Wear loose-fitting clothes on the day.
3. Avoid alcohol the night before and on the day of the treatment.
4. Do not exercise before the treatment.
5. Avoid applying any products to the area of treatment, keep it dry and clean prior to the treatment.
6. Do not expose the skin to UV light (sunlight/sunbeds) or apply self-tanning products for 4 weeks prior to treatment.

## Do's & Don'ts

1. Do apply aloe vera gel or a calming cream to the treatment area for 3 days after treatment.
2. Do apply clinic prescribed physical sunblock (SPF30+) at all times throughout the course of treatment. Direct sun exposure to the treated area without SPF 30+ protection will increase risk of hyperpigmentation.
3. Do wear loose clothes to avoid friction on the treated area for 48 hours.
4. Avoid sun exposure to reduce the chance of hyperpigmentation.
5. Avoid heat treatments such as spas, steam rooms and saunas for 7 days.
6. Avoid shaving the treated area for 48 hours after treatment.
7. Avoid exercising for 48 hours.
8. Avoid waxing, tweezing and threading for the complete duration of the treatment course.

## Post Treatment Information

1. Immediately after treatment there should be erythema (redness) and oedema (swelling) of each hair follicle at the treatment site, which may last up to two hours or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
2. Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is NOT new hair growth. You may clean and remove the hair by washing or wiping the area with a wet cloth or loofa sponge.
3. There are no restrictions to bathing except to treat the skin gently as if you had sunburn, for the first 24 hours.

## Fractional Mesotherapy

Following your treatment:

1. There will be some pinkness or redness for 12 to 48 hours after the treatment. It can feel similar to a mild sunburn and may feel warm. However, you should be able to return to normal daily activities immediately.
2. Avoid touching the area excessively for at least 3 hours to allow the treatment area to calm and heal. Wash your hands before touching the treated area to avoid the introduction of bacteria which could cause an infection.
3. The treated area may feel tender, sting or smart for a few days. Occasionally bruising may occur but it is very rare, but you can apply a healing cream or spray to speed up the recovery.
4. Avoid applying any lotions or creams that haven't been recommended or approved by your Mesotherapist for at least 12 hours. Your normal (advised) skincare routine can be used after the skin has completely healed.
5. Keep the area free of any oil based products, heavy cosmetics or thick moisturisers for at least 36-48 hours. Using make-up and dirty brushes or sponges can increase the risk of external infection and inflammation in and around the area that has been treated.
6. Avoid using AHA's or BHA's and retinoids until the skin has completely recovered. They may be some instances where your Mesotherapist will specify a topical application of one of these types of ingredients.
7. Avoid exposure to prolonged sunlight, rigorous exercise, saunas, steam baths as this may increase redness and swelling.
8. It is essential that you attend your next appointment so that we can monitor your progress and ensure your treatment is achieving the best possible results.

**Please ensure that if you have any questions  
or concerns prior to or after treatment,  
that you discuss them with a member of our team.**



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### Clinic Locations

#### Harley Street

39 Harley Street, London, W1G 8QH

#### Huntingdon

10 St Peters Road, Huntingdon,  
Cambridgeshire, PE29 7AA

#### Reading

Cocoon Hair and Beauty, 18 Cross Street,  
Reading, Berkshire, RG1 1SN

#### Richmond

The Body Toning Studio,  
354 Upper Richmond Road West,  
East Sheen, London, SW14 7JT

#### Peterborough

Total Health Clinics, Enterprise House,  
34 Papyrus Road, Peterborough, PE4 5BH

#### Sevenoaks

47 Dartford Road, Sevenoaks, Kent, TN13 3TE

#### Hove

Match Skin Salon, 8-16 Third Avenue,  
Hove, East Sussex, BN3 2PX

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