

## AFTERCARE PROPHILO



Profhilo is a unique skin remodelling treatment designed to rejuvenate your skin from inside out. This bio-remodelling treatment hydrates and nourishes your skin, promoting lasting luminosity and enhancing the production of collagen and elastin.

Immediately following treatment, it may be possible that small lumps will be seen at the injection sites. This is normal and temporary and usually disappear after a few hours. Occasionally, there may be some redness or itching at the site of the injection that may last for 1-2 days, but rarely longer. Swelling and tenderness may be experienced for 2-3 days and bruising may occur which can last up to 10 days.

All of these responses are normal and should resolve quickly. If you do experience any discomfort use paracetamol and for bruising use arnica cream or gel.

### HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

You should see instant results after your treatment and these will get even better in 4-6 weeks and following the recommended course of 2 treatments, 4 weeks apart to achieve optimum results. Maintenance treatment is recommended 6 months after the initial treatment and then twice a year.

### POST TREATMENT CARE TIMELINE

THE NEXT FEW HOURS	TODAY	TOMORROW	THE NEXT WEEK	THE NEXT 2 WEEKS
<p><b>✗</b> Do not touch the injected area for <b>a few hours</b>.</p>				
<p><b>✗</b> Avoid wearing makeup for <b>24 hours</b> - although mineral based makeup can be used after 6 hours if absolutely necessary.</p>				
<p><b>✗</b> Avoid alcohol &amp; exercise for <b>24 hours</b>.</p>				
<p><b>✓</b> If possible, it is recommended to sleep in a supine position (on your back) for the <b>first few nights</b> after treatment.</p>				
<p><b>✗</b> Avoid sun bathing, sauna, steam room, sunbeds and extreme cold weather <b>until all swelling has gone</b>.</p>				
<p><b>✗</b> Avoid facials, dermaplaning, peels, laser treatments and other facial treatments for at least the next <b>2 weeks</b>.</p>				
<p><b>✓</b> Use a good SPF of 30 or higher every day for the next <b>2 weeks</b> or longer and maintain your regular skin care routine with a mild cleanser and moisturiser daily.</p>				



### WHEN TO SEEK URGENT REVIEW

**Anaphylaxis**, is extremely rare but is a serious condition, typified by feeling unwell and developing swelling, rashes, redness or blotching around your face and you may experience difficulty in breathing and talking. Seek urgent medical attention by calling 999, explaining your concern is ANAPHYLAXIS. If you experience this at your appointment, your clinician is trained to recognise the symptoms and deal with this.

If you have any questions or need any advice, then please do get in touch.