

AFTERCARE:

- Avoid touching, makeup, heat, and exercise for 24 hours.
- Use only gentle, hydrating products.
- Apply SPF daily.
- Pause active ingredients (retinol, acids, exfoliants) for several days.

Dermaplaning:

- No exfoliation for 3 days.

Microneedling:

- Mild redness may last 24–72 hours.
- Avoid makeup, sweating, and exercise for 24 hours.
- Drink plenty of water to support detox.
- Avoid alcohol, excess sodium, and heavy meals for 24 hours.
- Light movement (walking) encouraged.
- Expect increased urination—this is normal.

BioRePeel:

- Light peeling is normal—do not pick.
- Keep skin moisturized; avoid active ingredients for 5–7 days.

We recommend your next visit around: _____

Recommended Products : _____

Lymphatic Drainage (Full Body):

- Drink plenty of water to support detox.
- Avoid alcohol, excess sodium, and heavy meals for 24 hours.
- Light movement (walking) encouraged.
- Expect increased urination—this is normal.

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After Neurotoxin:

- Do not lie face down or work out for 4 hours following Botox injections.
- Do not wear anything restricting over the treated area for the rest of the day.
- Botox will begin working in 4–5 days and will continue to settle for up to 2 weeks.
- Results last approximately 3 months, but vary from person to person.

After Dermal Fillers:

- Apply ice to the treated area for 20 minutes at a time to help minimize swelling & discomfort.
- Apply topical arnica gel to heal bruising more quickly and reduce inflammation.
- Do not work out for 1–2 days following injections to prevent excess swelling and possible complications.
- Avoid massaging the lips, cheeks or chin after injections. (Gentle smoothing/massaging of under-eye filler may be recommended for approximately 4–5 days to facilitate drainage of swelling.).
- Bumps, asymmetry, firmness, tenderness, bruising and swelling are normal, and will resolve within 1–2 weeks after injections
- Avoid drinking out of a straw, smoking, or puckering for 3–4 days following lip injections.
- If you experience any abnormal reaction, discoloration, temperature changes, severe pain or an allergic reaction, contact us immediately. If you're unable to reach us contact your physician, or seek medical attention right away.



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Recommended Products : _____

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