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# A F T E R C A R E

## ANTI-WRINKLE INJECTIONS & SKIN BOOSTERS

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SLIGHT BRUISING AND/OR SWELLING  
AT SITE OF INJECTION - MAY LAST A  
FEW DAYS. YOU CAN MANAGE WITH GENTLE  
COLD COMPRESS AND ARNICA CREAM

RECOMMEND NOT TO LIE DOWN FOR NEXT  
4 HOURS (INCLUDING SUNBEDS)

NO ALCOHOL FOR NEXT 24 HOURS

NO EXPOSURE TO HEAT FOR NEXT  
24 HOURS (HOT SHOWERS/SAUNAS)

NO STRENUOUS EXERCISE FOR NEXT  
24 HOURS

NO MAKEUP ON THE AREA FOR AT LEAST  
6 HOURS (IDEALLY 24 HOURS)

NO FACIALS OR MICRODERMABRASION  
FOR NEXT 7 DAYS

WAIT FOR FULL EFFECTS (2 WEEKS)  
BEFORE ANY EYEBROW ALTERING TREATMENTS