



POST-CARE INSTRUCTIONS FOR SKIN TIGHTENING

Below are some important guidelines for proper next steps after each Skin Tightening treatment. Following these recommendations will keep your treatment areas healthy during the brief recovery phase and maintain the most favourable results.

- Drink two glasses of water immediately after the treatment.
- Drink plenty of water (at least 8–10 cups a day) for three days following the treatment.
- If your treatment includes facial areas, do not wash your face with hot water for 24 hours before and following treatment.
- A cold compress and skin care products such as Aloe is recommended to help reduce any discomfort.
- Avoid excessive exercise, sweating, hot baths or saunas for three days after the treatment.
- Avoid consumption of alcoholic drinks for three days after treatment, because alcohol can drain water from the body and skin.
- Avoid scrubbing or exfoliating the treated area for 24 hours.
- In order to maintain the treatment results, daily skin hydration on the treatment area with a moisturizing cream is highly recommended.
- Makeup can be applied to the treatment area 2 hours after the treatment.
- If you have any questions or concerns, please feel free to contact the clinic directly and we will gladly help and guide you with your post-care steps.

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