

Pre and Post-Care Instructions Following Botox Injections

Pre-Care Instructions:

1. **Avoid blood-thinning medications:** To minimize the risk of bruising, it is advisable to avoid blood-thinning medications, such as aspirin, ibuprofen, and certain herbal supplements, for at least one week before your Botox treatment. However, always consult with your prescribing physician before stopping any medications.
2. **Communicate your medical history:** Inform your Aesthetic Nurse Injector at The Skin Company about any medical conditions, allergies, or previous adverse reactions to Botox or other injections. This will help ensure your safety during the procedure.
3. **Discontinue alcohol and smoking:** Avoid consuming alcohol for at least 24 hours before the treatment, as alcohol can increase the risk of bruising. Additionally, if you smoke, try to refrain from doing so for a few days before and after the injections, as smoking can impede the healing process.

Post-Care Instructions:

1. **Avoid touching or rubbing the treated area:** After receiving Botox injections, refrain from touching or rubbing the treated area for at least six hours. This will prevent the spread of the toxin to unintended muscles and reduce the risk of complications.
2. **Stay upright for a few hours:** Remain in an upright position for at least four hours following the injections. This will help prevent the migration of Botox to unintended areas.
3. **Do not exercise vigorously:** Avoid engaging in strenuous exercise or activities that may cause excessive sweating for 24 hours after the treatment. Sweating can potentially affect the distribution of Botox in the treated area.
4. **Top-up treatment:** Depending on your desired results, a top-up treatment may be recommended by your Aesthetic Nurse Injector at The Skin Company. This usually



takes place between 2 to 4 weeks after the initial treatment to optimize the outcome. Follow your injector's recommendations for the best results.

Common Side Effects:

1. Mild pain or discomfort at the injection site
2. Temporary bruising or swelling
3. Redness or tenderness around the treated area

Rare Side Effects:

1. Headaches or migraines
2. Drooping of the eyelids or eyebrows (temporary)
3. Allergic reactions (rare but possible)
4. Systemic effects (extremely rare but possible)

When to Call the Clinic for Advice:

1. If you experience severe or persistent pain, swelling, or bruising that does not improve after a few days.
2. If you notice any unusual or unexpected side effects.
3. If you have concerns or questions about your recovery process.
4. If you experience any signs of an allergic reaction, such as difficulty breathing, hives, or facial swelling.

Flying After Botox Injections: There are no specific restrictions on flying after Botox injections. However, it is generally recommended to wait at least 24 hours before taking a flight to minimize the risk of complications and ensure that any initial side effects have subsided. If you have any concerns or unique circumstances, consult with your Aesthetic Nurse Injector or healthcare provider before making travel arrangements.



Pain Relief: If needed, you may take over-the-counter pain relief medication such as acetaminophen (e.g., Tylenol) following Botox injections. However, it is advisable to consult with your Aesthetic Nurse Injector or healthcare provider before taking any pain relief medication to ensure compatibility with your specific situation and any other medications you may be taking.

Please note that these instructions are general guidelines and may vary based on individual circumstances. Always follow the specific instructions provided by your Aesthetic Nurse Injector at The Skin Company and consult with them for any concerns or questions you may have.

Pre and Post-Care Instructions Following Dermal Filler Injections

Pre-Care Instructions:

1. Consultation and assessment: Schedule a consultation with an Aesthetic Nurse Injector at The Skin Company to discuss your treatment goals, medical history, and any concerns you may have. They will evaluate your suitability for dermal filler injections and develop a personalized treatment plan.
2. Discontinue blood-thinning medications: To minimize the risk of bruising and bleeding, avoid blood-thinning medications, such as aspirin, ibuprofen, and certain herbal supplements, for at least one week prior to your dermal filler treatment. However, always consult with your prescribing physician before stopping any medications.
3. Communicate your medical history: Inform your Aesthetic Nurse Injector about any medical conditions, allergies, or previous adverse reactions to dermal fillers or other injections. This will help ensure your safety during the procedure.

Post-Care Instructions:

1. Avoid touching or rubbing the treated area: After receiving dermal filler injections, avoid touching or rubbing the treated area for at least six hours. This will reduce the risk of infection and ensure optimal results.
2. Apply cold compresses: If instructed by your Aesthetic Nurse Injector, you may gently apply cold compresses to the treated area to help reduce swelling and discomfort. Use a clean cloth or ice pack wrapped in a thin cloth, and apply it for short periods, taking breaks in between.
3. Avoid excessive heat and sun exposure: For the first 24 to 48 hours following the injections, avoid excessive heat exposure, such as saunas, steam rooms, and intense physical activities, as well as prolonged sun exposure. This will minimize the risk of swelling and promote proper healing.

4. Topical products and makeup: Avoid applying makeup or using any skincare products on the treated area for at least 24 hours, unless otherwise instructed by your Aesthetic Nurse Injector. This will help prevent irritation and infection.

Common Side Effects:

1. Mild swelling, redness, or bruising at the injection site
2. Tenderness or sensitivity in the treated area
3. Temporary lumps or irregularities (should resolve within a few days)

Rare Side Effects:

1. Infection
2. Allergic reactions (rare but possible)
3. Vascular complications (extremely rare but possible)

When to Call the Clinic for Advice:

1. If you experience pain to the area treated, skin discolouration, or the skin is cool to touch, call the clinic or on call phone on Whatsapp +447905828660
2. If you experience severe or worsening pain, swelling, or bruising that does not improve after a few days.
3. If you notice any signs of infection, such as increased redness, warmth, or pus-like discharge from the injection site.
4. If you have concerns or questions about your recovery process.
5. If you experience any signs of an allergic reaction, such as difficulty breathing, hives, or facial swelling.

Flying After Dermal Filler Injections: There are generally no restrictions on flying after dermal filler injections. However, it is advisable to wait at least 7 days before taking a flight to allow any initial swelling or bruising to subside and minimize the risk of complications. If



you have any concerns or unique circumstances, consult with your Aesthetic Nurse Injector or healthcare provider before making travel arrangements.

Pain Relief: If needed, you may take over-the-counter pain relief medication such as acetaminophen (e.g., Tylenol) following dermal filler injections. However, it is advisable to consult with your Aesthetic Nurse Injector or healthcare provider before taking any pain relief medication to ensure compatibility with your specific situation and any other medications you may be taking.

Attending Social Events: It is generally recommended to avoid social events for at least 24 to 48 hours after dermal filler injections. This allows for any initial swelling, redness, or bruising to resolve, giving you the best possible aesthetic outcome.

Contraindications to Treatment:

1. Known allergy to bee or wasp stings
2. Known allergy or sensitivity to the ingredients in dermal fillers.
3. Active skin infections or inflammation at the treatment site.
4. Pregnant or breastfeeding.
5. History of autoimmune diseases or immunodeficiency disorders.
6. Current use of blood-thinning medications or a bleeding disorder.
7. Previous adverse reactions to dermal fillers.

Please note that these instructions are general guidelines and may vary based on individual circumstances. Always follow the specific instructions provided by your Aesthetic Nurse Injector at The Skin Company and consult with them for any concerns or questions you may have

Pre and Post Care Instructions Following Profhilo Injections

Pre-Care Instructions:

1. Consultation: Schedule a consultation with The Skin Company to discuss your goals, medical history, and any concerns you may have about the treatment.
2. Medications: Inform your Aesthetic Nurse Injector about any medications or supplements you are currently taking, as some may need to be temporarily stopped prior to the treatment.
3. Allergies: Disclose any known allergies or sensitivities to medications, especially if you have a history of allergic reactions.
4. Skin Preparation: Avoid excessive sun exposure, tanning beds, and intense skincare treatments (such as chemical peels) for at least two weeks prior to the injections.
5. Pregnancy and Breastfeeding: Profhilo injections are not recommended during pregnancy or while breastfeeding.

Post-Care Instructions:

1. Common Side Effects:
 - Mild swelling, redness, or tenderness at the injection sites are common and typically subside within a few hours to a few days.
 - Bruising may occur but will resolve within a week.
 - Itching or small lumps at the injection sites may occur and usually disappear within a few days.
2. Rare Side Effects :

- Severe pain, swelling, or redness that worsens over time.
 - Allergic reactions, such as difficulty breathing, hives, or facial swelling. Call 911 immediately
 - Infection signs, such as increasing pain, redness, warmth, or pus-like discharge.
3. Contact The Skin Company if you experience any of the following:
 - Excessive swelling, redness, or discomfort that lasts longer than a few days.
 - Unusual symptoms or concerns that you are unsure about.
 4. Flying After Injections: It is generally safe to fly after Profhilo injections. However, it is recommended to wait at least 24-48 hours after the treatment before traveling to allow for initial healing.
 5. Pain Relief: If needed, you may take over-the-counter pain relief medications, such as acetaminophen (paracetamol), according to the package instructions. Avoid anti-inflammatory medications like ibuprofen or aspirin unless approved by your healthcare provider.
 6. Social Events: You can typically attend social events immediately following the treatment. However, keep in mind that some mild side effects like swelling or redness may be present for a few days.

Contraindications to Treatment:

1. Known allergy or sensitivity to any of the ingredients in Profhilo.
2. Active skin infection or inflammation at the treatment area.
3. Bleeding disorders or ongoing anticoagulant therapy (e.g., warfarin, aspirin).
4. Pregnancy or breastfeeding.
5. Severe autoimmune diseases or immunodeficiency disorders.
6. Skin cancer or a history of skin cancer.
7. Uncontrolled diabetes or other significant medical conditions.



Remember, these instructions are general guidelines, and it is essential to follow the specific advice given by your Aesthetic Nurse Injector at The Skin Company. They will provide personalized recommendations based on your unique circumstances.

Pre and Post-Care Instructions Following Polynucleotide Injections

Pre-Care Instructions:

1. **Consultation:** Schedule a consultation with The Skin Company and meet with an Aesthetic Nurse Injector to discuss your treatment goals, medical history, and any concerns or questions you may have.
2. **Medical History:** Provide accurate information about any medical conditions, allergies, medications, or previous treatments to ensure your safety during the procedure.
3. **Avoid Blood-Thinning Medications:** Refrain from taking blood-thinning medications or supplements (e.g., aspirin, ibuprofen, fish oil, vitamin E) for a specified period before the treatment, as advised by your healthcare provider. These medications can increase the risk of bruising or bleeding at the injection site.
4. **Sun Protection:** Protect your skin from excessive sun exposure before the treatment. Sunburn or tan skin may increase the risk of complications and affect the efficacy of the injections.
5. **Hydration:** Ensure proper hydration by drinking an adequate amount of water before the procedure.



Post-Care Instructions:

1. **Ice Packs:** Apply ice packs or cold compresses to the treated area for 10-15 minutes at a time, as needed, to minimize swelling and discomfort. Do not apply ice directly to the skin; wrap it in a thin cloth or towel.
2. **Pain Relief:** If you experience discomfort, you may take over-the-counter pain relief medication such as acetaminophen (Tylenol) or as recommended by your healthcare provider. Avoid non-steroidal anti-inflammatory drugs (NSAIDs) unless advised otherwise, as they can increase the risk of bleeding.
3. **Swelling and Bruising:** It is common to experience mild swelling and bruising at the injection site. These effects usually resolve within a few days but can persist for up to a week. Applying arnica gel or creams may help alleviate bruising.
4. **Sun Protection:** Avoid direct sun exposure, tanning beds, or prolonged heat exposure (e.g., saunas) for at least one week following the treatment. Use broad-spectrum sunscreen with a high SPF to protect the treated area if you must be outdoors.
5. **Avoid Touching or Massaging:** Refrain from touching, rubbing, or massaging the treated area for at least 24 hours to allow the product to settle and minimize the risk of complications.
6. **Makeup and Skincare:** Avoid applying makeup or using skincare products containing active ingredients (e.g., retinol, exfoliants) directly on the treated area for at least 24 hours.
7. **Follow-up Appointments:** Attend any scheduled follow-up appointments to assess the results and address any concerns or questions you may have.

Common Side Effects:

1. Swelling and bruising at the injection site
2. Redness or mild discomfort
3. Temporary lumps or nodules in the treated area
4. Itching or tenderness



Rare Side Effects (seek medical attention if experienced):

1. Severe or persistent pain
2. Excessive swelling or redness
3. Allergic reactions (e.g., hives, difficulty breathing)
4. Infection (e.g., increased pain, warmth, or drainage at the injection site)

When to Call the Clinic for Advice:

1. If you experience severe or persistent pain, swelling, or redness that does not improve with time.
2. If you notice signs of infection such as increased pain, warmth, redness, or drainage at the injection site.
3. If you develop an allergic reaction with symptoms like hives, itching, or difficulty breathing. Call 911 immediately
4. If you have any concerns or questions about the healing process or treatment results.

Flying After Injections: There is generally no specific waiting period or contraindication for flying after polynucleotide injections. However, it is recommended to avoid flying for at least 24-48 hours following the procedure to allow for proper recovery and minimize the risk of complications. If you have concerns about flying, it is advisable to consult with your healthcare provider before making any travel arrangements.

Attending Social Events: You can typically attend social events as soon as you feel comfortable doing so, keeping in mind the potential for mild swelling, bruising, or redness at the injection site. It is advisable to plan your social events at least a few days after the procedure to allow for initial healing.

Contraindications to Treatment:

1. Pregnancy or breastfeeding: Polynucleotide injections are generally not recommended during pregnancy or while breastfeeding due to limited safety data.
2. Active skin infection: If you have an active skin infection in the treatment area, it is advisable to delay the injections until the infection has resolved.
3. Known allergy or sensitivity: If you have a known allergy or sensitivity to any of the ingredients in the polynucleotide product, it is important to inform your healthcare provider before undergoing the treatment.
4. Bleeding disorders or use of blood-thinning medications: Individuals with bleeding disorders or those taking blood-thinning medications may have an increased risk of complications and should discuss the treatment with their healthcare provider to determine suitability.

Please note that these instructions are provided as general guidelines. It is crucial to consult with your healthcare provider or The Skin Company's Aesthetic Nurse Injector for personalized advice and recommendations based on your specific situation.

Pre and Post Care Instructions for Laser Hair Removal at The Skin Company

Pre-Care Instructions:

1. A pre treatment patch test and consultation is required prior to all laser hair removal treatment
2. A signed informed consent is required prior to a patch test and subsequent treatment

Before each treatment session:

1. Shave the treatment area one day prior to the appointment to ensure the laser targets the hair follicles effectively.
2. Avoid sun exposure, tanning beds, and self-tanning products for at least two weeks before the treatment, as tanned skin increases the risk of complications.
3. Inform the clinic about any medications, skin conditions, or medical concerns you may have.

4. Avoid using **any** topical creams, lotions, or perfumes on the treatment area before the session.
5. If you have a history of cold sores, consult with the clinic to discuss preventive measures prior to treatment.

Post-Care Instructions:

1. Immediately after the treatment, your skin may be slightly red and sensitive. Apply a cool compress or ice pack if needed to soothe the area.
2. Avoid direct sun exposure and tanning beds for at least two weeks post-treatment. Use a broad-spectrum sunscreen (SPF 30 or higher) on the treated area when going outside.
3. Do not pick, scratch, or exfoliate the treated area for at least one week. Let any blistering or scabbing heal naturally.
4. Avoid hot baths, saunas, swimming pools, and strenuous exercise for 24-48 hours after treatment.
5. Moisturize the treated area regularly to keep the skin hydrated and promote healing.
6. If any skin irritation occurs, use a gentle, hypoallergenic moisturizer or aloe vera gel to alleviate discomfort.
7. Avoid using harsh chemicals or abrasive skincare products on the treated area for at least one week.
8. If necessary, you may take over-the-counter pain relief such as acetaminophen or ibuprofen as directed by the packaging instructions.

Common Side Effects of Laser Hair Removal:

1. Mild redness and swelling in the treated area.
2. Skin sensitivity or a sunburn-like sensation.
3. Temporary darkening or lightening of the skin in the treated area.
4. Mild itching or discomfort.



Rare Side Effects (Contact the clinic immediately if experienced):

1. Severe blistering, crusting, or bleeding in the treated area.
2. Excessive pain or persistent discomfort.
3. Infection or signs of an allergic reaction (swelling, hives, difficulty breathing). Call 811 immediately

When to Call the Clinic for Advice:

1. If you experience any severe or persistent side effects.
2. If you notice signs of infection such as increased pain, redness, warmth, or pus.
3. If you have any concerns or questions regarding your treatment or recovery.

Treatment Frequency and Number of Sessions: The frequency of laser hair removal treatments may vary depending on individual factors such as hair type, skin type, and the targeted area. Typically, treatments are scheduled 4-6 weeks apart. The number of sessions required for optimal results varies but can range from 6 to 8 sessions.

Contraindications to Treatment:

1. Pregnancy or breastfeeding.
2. Active skin infections, such as herpes or bacterial infections, in the treatment area.
3. Open wounds, cuts, or abrasions on the treatment area.
4. Recent sunburn or excessive sun exposure on the treatment area.
5. History of keloid scarring or poor wound healing.
6. Use of photosensitizing medications or topical products (such as retinoids or certain antibiotics).
7. Skin conditions like vitiligo or psoriasis in the treatment area.
8. History of skin cancer or suspicious skin lesions in the treatment area.



Please note that these instructions serve as general guidelines. It is essential to consult with The Skin Company or a qualified professional for personalized advice and recommendations based on your specific situation

Pre and Post Care Instructions Following HydraFacial:

Pre-Care Instructions:

1. Do not use any retinol or other exfoliating products on your skin for at least three days prior to the treatment.
2. Inform your aesthetician about any allergies or sensitivities you may have to avoid potential adverse reactions.

3. If you have any active skin infections, cold sores, or open wounds on the treatment area, reschedule your appointment until the condition has healed.
4. Stay hydrated by drinking plenty of water in the days leading up to your treatment.

Post-Care Instructions:

1. Avoid direct sun exposure for at least 48 hours after your HydraFacial treatment. If you must go outside, wear a broad-spectrum sunscreen with a high SPF and a wide-brimmed hat.
2. Refrain from using any exfoliating products, including retinol, glycolic acid, or physical scrubs, for at least three days after the treatment.
3. Avoid applying heavy makeup immediately after the treatment to allow your skin to breathe and heal.
4. Do not pick, scratch, or aggressively touch your face to prevent irritation and potential scarring.
5. Keep your skin hydrated by using a gentle moisturizer recommended by your aesthetician.
6. Stay well-hydrated by drinking plenty of water to support the healing process.
7. Avoid activities that may cause excessive sweating, such as intense workouts or sauna sessions, for at least 24 hours after the treatment.
8. If you experience any discomfort, redness, or swelling, you may apply a cold compress to the affected area for relief.

For any specific concerns or questions regarding The Skin Company products used during your HydraFacial treatment, please contact The Skin Company directly. They will provide you with the necessary information and guidance.

Common Side Effects:

1. Temporary redness or mild irritation immediately after the treatment.
2. Dryness or flaking of the skin for a few days post-treatment.



3. Mild sensitivity to touch.

Rare Side Effects (contact clinic immediately):

1. Severe or prolonged redness, swelling, or irritation.
2. Excessive pain or discomfort.
3. Blistering or crusting of the skin.
4. Any signs of infection, such as pus, fever, or increased pain.

When to Call the Clinic for Advice:

1. If you experience any of the rare side effects mentioned above.
2. If you have persistent or worsening redness, swelling, or irritation after 48 hours.
3. If you have any concerns or questions about your post-treatment care or progress.

Pain Relief: If you experience discomfort following the HydraFacial treatment, you may take over-the-counter pain relievers, such as acetaminophen or ibuprofen, according to the recommended dosage.

Treatment Frequency: The recommended frequency of HydraFacial treatments may vary depending on your skin's condition and your aesthetician's recommendations. In general, it is common to have treatments once a month for optimal results. However, your aesthetician will provide a personalized treatment plan based on your specific needs.

Number of Treatments: The number of treatments required for desired results can vary based on individual factors, such as skin condition and treatment goals. Typically, a series of 4 to 6 treatments is recommended for noticeable improvements. Your aesthetician will assess your progress and adjust the treatment plan accordingly.

Contraindications to Treatment: HydraFacial may not be suitable or require modification in the following cases:

1. Active sunburn or significant skin irritation in the treatment area.
2. Active herpes simplex (cold sores) or other active skin infections.
3. Recent use of isotretinoin (Accutane) within the past six months.
4. Recent facial surgery or laser treatment in the treatment area.
5. History of keloid or abnormal scar formation.
6. Pregnancy or breastfeeding.
7. Certain medical conditions or medications that compromise skin healing or increase sensitivity. It is crucial to inform your aesthetician about any medical conditions or medications you are currently taking to ensure a safe and effective treatment.

Pre and Post Care Instructions Following Microneedling

Pre-Care Instructions:

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1. Prior to your microneedling treatment at The Skin Company, ensure that your skin is free from any active infections, such as cold sores or acne outbreaks.
2. Avoid excessive sun exposure and tanning beds for at least two weeks before the treatment, as this can make your skin more sensitive.
3. If you have a history of cold sores, consult with your healthcare provider about taking antiviral medication prior to the treatment to minimize the risk of an outbreak.
4. Inform your clinician about any medications or supplements you are currently taking, as some may need to be temporarily discontinued to reduce the risk of complications.

Post-Care Instructions:

1. Immediately after the microneedling treatment, your skin may appear red and feel sensitive. This is normal and should subside within a few hours to a couple of days.
2. Avoid applying makeup for the first 24 hours after the treatment to allow your skin to heal properly.
3. It is important to keep your skin clean and moisturized following microneedling. Use gentle, non-irritating cleansers and moisturizers recommended by your clinician.
4. Protect your skin from direct sun exposure for at least one week after the treatment. Apply a broad-spectrum sunscreen with SPF 30 or higher when outdoors.
5. Avoid using products containing retinoids, alpha hydroxy acids (AHAs), or beta hydroxy acids (BHAs) for a few days after the treatment, as they can cause irritation.
6. Do not pick at or scratch the treated area, as this can lead to infection or scarring.
7. Avoid intense physical activities, such as heavy workouts or saunas, for the first 24-48 hours after the treatment to allow your skin to heal.

Common Side Effects:

1. Mild redness and sensitivity immediately after the treatment, which typically subsides within a few hours to a couple of days.
2. Temporary dryness or flaking of the skin for a few days post-treatment.
3. Mild swelling or bruising, especially around the eyes, which should resolve within a few days.

Rare Side Effects:

1. Prolonged redness or irritation lasting more than a few days.
2. Infection or signs of increased inflammation, such as pus or severe pain.
3. Excessive bleeding or prolonged bleeding from the treated area.
4. Any unexpected or severe reactions that cause concern.

When to Call the Clinic for Advice:

1. If you experience any rare side effects mentioned above or have concerns about your healing process, contact The Skin Company for guidance and evaluation.
2. If you have questions regarding the use of specific skincare products or if you are unsure about any aspect of your post-care routine.

Pain Relief:

1. Microneedling is generally well-tolerated and does not require pain relief. However, if you experience discomfort during or after the treatment, you can take over-the-counter pain medication according to the manufacturer's instructions.

Treatment Frequency and Number of Treatments:

1. The frequency and number of microneedling treatments needed can vary depending on individual skin conditions and treatment goals.



2. Typically, a series of 3-6 treatments spaced 4-6 weeks apart is recommended for optimal results. Your clinician will assess your progress and provide personalized recommendations.

Contraindications to Treatment:

1. Active skin infections, such as herpes simplex (cold sores), active acne outbreaks, or open wounds in the treatment area.
2. Pregnancy or breastfeeding.
3. History of keloid scarring or poor wound healing.
4. Use of certain medications or medical conditions that increase the risk of complications. It is important to discuss your medical history and current medications with your clinician before undergoing microneedling.

Please note that these instructions are general guidelines and it is important to consult with The Skin Company or a qualified clinician for personalized advice and recommendations based on your specific situation.

Pre and Post Care Instructions Following Lip Augmentation with Dermal Filler

Pre-Care Instructions:

1. Prior to your lip augmentation procedure, ensure that you have disclosed any relevant medical history, including allergies, medications, or previous cosmetic treatments to your provider at The Skin Company.
2. Avoid taking any blood-thinning medications or supplements, such as aspirin, fish oil, or vitamin E, for at least one week before the procedure to minimize the risk of bruising.
3. If you have a history of cold sores or fever blisters, inform your provider before the treatment as additional precautions may be necessary.
4. If you have an active cold sore, you cannot be treated.
5. Avoid consuming alcoholic beverages or smoking for at least 24 hours before the procedure, as they can increase the risk of bleeding and compromise the healing process.
6. Ensure that your lips are clean and free from any makeup or products on the day of the treatment.

Post-Care Instructions:

1. Immediately after the procedure, you may experience some swelling, redness, and tenderness around the treated area. This is normal and should subside within a few days.
2. Avoid touching or rubbing your lips for at least six hours after the treatment to prevent infection or displacement of the filler material.
3. Apply ice or a cold compress to the treated area for short periods (10-15 minutes) during the first 24 hours to help reduce swelling and discomfort.
4. Avoid strenuous exercise, excessive sun exposure, saunas, and steam rooms for the first 24 hours after the procedure.

5. Keep your lips well-moisturized using a lip balm recommended by your provider to prevent dryness or cracking.
6. Avoid consuming hot beverages or spicy foods for the first 24 hours after the treatment, as they may exacerbate swelling or discomfort.
7. If needed, you can take over-the-counter pain relief medication such as acetaminophen (Tylenol) according to the package instructions.
8. It is important to attend any scheduled follow-up appointments at The Skin Company to ensure proper monitoring of your healing progress.

Common Side Effects:

1. Swelling: Mild to moderate swelling is common and can last for a few days after the procedure.
2. Bruising: Some bruising around the injection sites may occur, but it usually resolves within a week.
3. Redness and Tenderness: The treated area may appear red and feel tender immediately after the procedure. This should subside within a few days.

Rare Side Effects:

1. Allergic Reactions: Although rare, allergic reactions to dermal fillers can occur. Contact 911 immediately if you experience severe or persistent itching, rash, or difficulty breathing.
2. Infection: Infections are rare but possible. If you notice increasing pain, redness, warmth, or discharge from the injection site, contact the clinic promptly.
3. Lumps or Bumps: Occasionally, small lumps or bumps may develop at the injection sites. Most of these resolve spontaneously, but if they persist or cause concern, consult The Skin Company

When to Call the Clinic for Advice:

1. If you experience severe or worsening pain that is not relieved by over-the-counter pain relief medication.
2. If you are experiencing pain, discoloration at or around the treatment area or area is cool to touch call The Skin Company immediately or out of hours on-call Whatsapp +447905828660
3. Excessive swelling, redness, or warmth that does not subside within a few days.
4. Any signs of infection, such as increased pain, redness, swelling, or discharge from the injection site.
5. Allergic reactions, including severe itching, or rash

Flying: You can generally fly after lip augmentation with dermal filler. However, it is advisable to wait at least 7 days after the procedure to allow any initial swelling or discomfort to subside.

Contraindications to Treatment in the Presence of Cold Sores or Dental Treatment:

1. Active Cold Sores or Fever Blisters: If you currently have an active cold sore or fever blister outbreak, it is advisable to postpone the lip augmentation procedure until the lesion has completely healed to prevent the spread of infection.
2. Dental Treatment: If you are planning to undergo any dental treatments, including cleanings, extractions, or dental surgeries, it is generally recommended to complete those procedures before undergoing lip augmentation. This helps minimize the risk of complications and potential damage to the lip filler.

Please note that these instructions are general guidelines, and it's crucial to follow the specific advice provided by your healthcare professional at The Skin Company for your individual case.



Pre and Post Care Instructions Following Microneedling with SkinPen Precision:

Pre-care Instructions:

1. Avoid sun exposure and tanning beds for at least two weeks prior to the treatment.
2. Inform your clinician about any active skin infections, cold sores, or open wounds in the treatment area.
3. Avoid using retinoids, alpha hydroxy acids (AHAs), and other exfoliating products for at least one week before the procedure.
4. If you have a history of hypertrophic scarring or keloid formation, inform your practitioner.

Post-care Instructions:

1. Avoid direct sun exposure for at least 48 hours after the treatment. If you must go outside, apply a broad-spectrum sunscreen (SPF 30 or higher) and wear a wide-brimmed hat.
2. Do not apply makeup or any other skincare products to the treated area for at least 24 hours post-treatment.
3. Avoid swimming pools, hot tubs, and saunas for 48 hours after the procedure.
4. Gently cleanse the treated area with a mild cleanser and lukewarm water for the first 24 hours. Avoid scrubbing or using abrasive cleansers.
5. Do not pick, scratch, or exfoliate the treated area as it may lead to scarring or infection.
6. Apply a post-treatment serum or cream recommended by your practitioner to help soothe and hydrate the skin.
7. Avoid intense physical activities, excessive sweating, and activities that cause excessive heat or friction to the treated area for at least 48 hours.
8. Protect your skin from extreme temperatures, such as very hot or cold environments.



9. Use a gentle moisturizer to keep the skin hydrated during the healing process.
10. Follow your practitioner instructions regarding any additional post-care products or treatments.

The Skin Company: The SkinPen Precision device, is a microneedling device used for skin rejuvenation and collagen induction. Contact The Skin Company or refer to their official website for specific information regarding the device, warranty, or product-related inquiries.

Common Side Effects:

1. Mild redness and swelling in the treated area, similar to a sunburn.
2. Sensitivity or tenderness of the skin.
3. Dryness or flaking of the skin.
4. Temporary darkening or lightening of the skin (rare).

Rare Side Effects:

1. Infection: If you notice increased redness, warmth, swelling, pain, or pus-like discharge from the treated area, contact your practitioner. immediately.
2. Scarring: Although rare, microneedling carries a slight risk of scarring. If you notice any abnormal scarring or changes in the texture of the skin, consult your clinician.
3. Hyperpigmentation or hypopigmentation: Rarely, changes in skin color may occur. Consult your clinician if you notice any significant changes in pigmentation.

When to Call the Clinic for Advice:

1. If you experience severe pain that is not relieved by over-the-counter pain medication.
2. If you notice signs of infection, such as increased redness, swelling, warmth, pain, or pus-like discharge from the treated area.
3. If you develop a rash, hives, or itching that is persistent or worsening.

4. If you have any concerns or questions about your recovery or the healing process.

Pain Relief: If needed, you can take over-the-counter pain relief medication following the instructions provided on the packaging. Consult with your practitioner. or a pharmacist for specific recommendations based on your individual needs and medical history.

Flying: You can typically fly after microneedling with SkinPen Precision. However, it's advisable to wait at least 24-48 hours to allow the initial healing process to occur before subjecting your skin to the dry cabin air and potential stress of traveling. Consult your practitioner. for personalized advice based on the extent of the treatment and your specific situation.

Attending Social Events: It is generally recommended to avoid social events for at least 24-48 hours after microneedling. This allows your skin to recover and reduces the risk of irritation or potential complications. However, mild redness and swelling may still be present during this time. You can apply makeup to conceal any temporary skin changes after the initial 24-hour post-treatment period.

Number of Treatments and Frequency: The number of microneedling treatments required varies depending on individual skin concerns and goals. Typically, a series of 3-6 treatments, spaced 4-6 weeks apart, is recommended for optimal results. However, the exact number and frequency will be determined by your practitioner. based on your specific needs.

Contraindications to Treatment: Microneedling with SkinPen Precision may not be suitable or require special precautions in the following cases:

1. Active skin infections or conditions (e.g., herpes simplex, impetigo) in the treatment area.
2. Active acne breakouts or inflammatory skin conditions (e.g., eczema, psoriasis) in the treatment area.
3. Recent use of oral isotretinoin (Accutane) within the past six months.

4. Uncontrolled diabetes or other autoimmune disorders.
5. History of keloid or hypertrophic scarring.
6. Pregnancy or breastfeeding.
7. Immunosuppressive disorders or medications.
8. Use of anticoagulant medications or bleeding disorders.
9. Recent facial surgery or cosmetic procedures.
10. History of radiation therapy to the treatment area.

It is essential to consult with a qualified practitioner. who can evaluate your specific circumstances and determine whether microneedling is suitable for you. They will consider your medical history, current medications, and individual skin conditions to ensure safe and effective treatment.

Pre and Post Care Instructions for Administration of Hyaluronidase (Hyalase):

Treatment Aim:

To electively dissolve any existing filler left in the area.

To dissolve existing filler causing vascular compromise

Pre-Care Instructions:

1. Consultation: Schedule a consultation with a qualified healthcare professional to discuss your treatment goals, medical history, and suitability for Hyaluronidase administration.
2. Allergies: Inform your healthcare provider about any known allergies, especially to hyaluronidase or similar medications or bee and wasp stings
3. Medications: Disclose all medications, supplements, and herbal remedies you are currently taking, as some may interfere with the effectiveness of Hyaluronidase.
4. Medical Conditions: Inform your healthcare provider about any existing medical conditions you have, including any skin infections or active skin conditions in the treatment area.
5. Avoid Blood Thinners: Avoid blood-thinning medications such as aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), and herbal supplements like ginkgo biloba, garlic, and fish oil for at least one week before the procedure, as they may increase the risk of bruising.
6. Hydration: Maintain proper hydration by drinking an adequate amount of water before the treatment.
7. Avoid Alcohol: Refrain from consuming alcohol for at least 24 hours before the procedure to minimize the risk of bruising.

Post-Care Instructions:

1. **Skin Care:** Follow any specific skincare instructions provided by your healthcare provider. Use gentle cleansers and moisturizers suitable for your skin type.
2. **Common Side Effects:** Common side effects may include redness, swelling, bruising, itching, and mild discomfort in the treated area. These usually subside within a few days.
3. **Rare Side Effects:** Rare but possible side effects may include severe allergic reactions, infection, scarring, or changes in skin color or texture. If you experience any unusual or concerning symptoms, contact your healthcare provider immediately on 911
4. **Pain Relief:** If necessary, you can take over-the-counter pain relief medications as directed by your healthcare provider.
5. **Flying:** It is generally safe to fly after the administration of Hyaluronidase. However, it is recommended to consult with your healthcare provider regarding any specific precautions or guidelines.
6. **Social Events:** You can typically attend social events immediately after the procedure. However, it is important to follow any post-treatment instructions provided by your healthcare provider.
7. **Number of Treatments and Frequency:** The number of treatments required and their frequency will vary depending on individual circumstances. Your healthcare provider will determine the appropriate treatment plan for you.
8. **Contraindications:** Contraindications to Hyaluronidase treatment may include a known allergy to hyaluronidase, current skin infections or active skin conditions in the treatment area, and certain medical conditions. It is important to discuss any contraindications with your healthcare provider prior to the procedure.

When to Call the Clinic for Advice:

1. Severe or prolonged pain, swelling, or discomfort in the treated area.
2. Excessive bleeding, pus, or signs of infection at the injection site.



3. Severe allergic reactions such as difficulty breathing, chest tightness, or swelling of the face, lips, tongue, or throat. Call 911 immediately
4. Unusual changes in skin color, texture, or appearance.
5. Any other concerns or questions that arise after the procedure.

Remember, these instructions are general guidelines, and it is important to consult with a qualified healthcare professional for personalized advice and to address any specific concerns you may have

Pre and Post Care Instructions for Chemical Peels

Chemical peels can effectively address various skin concerns such as acne, hyperpigmentation, fine lines, and texture irregularities. Here are some general pre and post care instructions for chemical peels using either the pHformula resurfacing system or Alumier MD products. Please note that it is essential to consult with your skincare professional for specific instructions tailored to your individual needs.

1. Pre-Care Instructions:

- **Consultation:** Schedule a consultation with a skincare professional to determine if you are a suitable candidate for a chemical peel.
- **Skin Preparation:** Follow any pre-peel skincare regimen recommended by your provider, which may include avoiding certain products or treatments in the days leading up to the peel.
- **Sun Protection:** Protect your skin from excessive sun exposure and use a broad-spectrum sunscreen with SPF 30 or higher regularly.
- **Before and after a chemical peel, it is important to avoid using certain products on your skin, as they can potentially irritate or interfere with the healing process. These may include:**
 - Harsh cleansers or exfoliants
 - Scrubs or abrasive products
 - Retinol or vitamin C serums
 - Benzoyl peroxide or salicylic acid-based products
 - Facial masks or peels
 - Waxing or hair removal creams

2. Common Side Effects:

- **Redness:** Expect temporary redness and inflammation immediately after the peel.

- Dryness and Flaking: Your skin may become dry and flaky as part of the natural exfoliation process.
 - Sensitivity: Increased skin sensitivity is common, particularly to heat and sun exposure.
3. Rare Side Effects:
- Blistering or Crusting: These are rare but possible side effects. Contact your clinic immediately if you experience severe blistering or crusting.
 - Infection: Although rare, infection can occur. Watch for signs of increased redness, swelling, pain, or pus and seek medical advice promptly.
4. When to Call the Clinic for Advice:
- Severe Side Effects: If you experience severe pain, excessive swelling, persistent redness, or any other concerning symptoms, contact your clinic for guidance.
 - Allergic Reactions: If you develop an allergic reaction such as hives, itching, or difficulty breathing, seek medical attention immediately.
5. Pain Relief:
- Mild pain or discomfort can be managed with over-the-counter pain relievers as directed by your healthcare professional. Follow the recommended dosage and consult with your provider if you have any concerns.
6. Flying:
- It is generally safe to fly after a chemical peel. However, it's recommended to consult with your skincare professional for specific guidance based on the depth and intensity of the peel.
7. Attending Social Events:
- The recovery period after a chemical peel varies depending on the type and intensity of the treatment. It's advisable to avoid social events for at least a few days to allow your skin to heal and recover from the initial redness and flaking.
8. Number of Treatments and Frequency:

- The number of chemical peel treatments required depends on your specific skin concerns and desired results. Your skincare professional will determine the appropriate treatment plan for you, including the recommended frequency of sessions.

9. Contraindications to Treatment:

- Certain conditions may contraindicate chemical peel treatments, including:
 - Active cold sores or herpes simplex.
 - Recent sunburn or excessive sun exposure.
 - Pregnancy or breastfeeding.
 - Open wounds or active skin infections.
 - Accutane use within the past six months.
 - Allergy or sensitivity to the peel ingredients.

Please note that these instructions are general guidelines and may vary based on the specific product and procedure used. It's essential to follow the recommendations provided by your skincare professional for optimal results and safety.