



Redensity 1 Aftercare

You are likely to experience raised bumps at the injection sites post treatment, other typical side effects include swelling, minor bruising and itchiness as the skin heals. These symptoms are normal and should subside with 24-48 hours.

Avoid touching the treatment area for 6 hours after the treatment. After that the area can be washed with a gentle cleanser and sterile make up can be applied.

You should avoid strenuous exercise for 24 hours after treatment.

You can apply a cold compress (not freezing) to the area for 10 minutes with a break of 30 minutes in between to reduce swelling and discomfort.

Do not wear make-up for at least 12 hours.

Continue to avoid skincare actives such as vitamin C, retinol and other chemical exfoliants for 3-5 days.

Avoid treatments such as facials, facial waxing, chemical peels, IPL, laser or microdermabrasion for two weeks after treatment.

Avoid extensive sun or heat such as saunas/steams for 72 hours.

Do not massage the treatment area unless instructed to do so.

Avoid alcohol for 24 hours, as this may exacerbate bruising and swelling.

Mild analgesia such as paracetamol can be taken if appropriate but please try to avoid ibuprofen, aspirin and other blood thinning medication for the first 24 hours following treatment to avoid unnecessary bruising.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please treat one as soon as you see / feel a symptom and contact us to inform us.

Use an SPF 50+ daily.

If you experience any of the following, please contact your practitioner immediately: severe/prolonged redness, swelling, blistering, scabbing, extreme pain, or signs of infection.

**In case of queries or for urgent advice please call us on:
01843 639861 or 07468 526494**

