

FACIAL TREATMENTS | AFTERCARE

Please follow the general advice below, together with the additional guidance for your treatment. Your practitioner may give you more specific instructions depending on your skin and the procedure performed.

GENERAL AFTERCARE — ALL FACIAL TREATMENTS

- Avoid unnecessary touching, rubbing, scratching or picking at the treated skin.
- Use a gentle cleanser and moisturiser as advised. Avoid scrubs, exfoliating acids (AHAs/BHAs), retinoids and other potentially irritating active products for at least 48 hours, or longer if advised for your treatment.
- Avoid heavy make-up for 12–24 hours where possible; when restarting, choose clean, non-comedogenic products.
- Avoid hot baths, saunas, steam rooms and strenuous exercise that causes excessive sweating for 24–48 hours.
- Protect your skin from direct sunlight. Apply broad-spectrum SPF 50 daily once permitted by your practitioner, and reapply when outdoors. Avoid sunbeds.
- Mild temporary redness, tightness or sensitivity may occur. Continue the skincare routine recommended by your practitioner once the skin has recovered.

HYDROLUX, SKIN SMOOTHIE & GLASS SKIN

- Mild redness, sensitivity or tingling can occur and usually settles within 24–72 hours.
- Keep the skin moisturised and avoid exfoliating or introducing strong active skincare until any sensitivity has settled.

MEDICAL MICRONEEDLING

- Redness, warmth, tightness, dryness and mild swelling may occur for 24–72 hours; light flaking can follow.
- For the first 24 hours, avoid make-up and apply only the post-treatment products approved by your practitioner. Follow any specific cleansing instructions provided.
- Avoid swimming pools, hot tubs, saunas, heavy sweating and self-tan until the skin has healed (typically at least 48–72 hours).
- Avoid retinoids, exfoliating acids, scrubs and fragranced products for approximately 5–7 days, or until sensitivity has fully resolved.
- Do not pick at flaking skin. Avoid other intensive facial procedures, including peels, laser/IPL and further needling, until cleared by your practitioner (often around 4 weeks).

SKIN PEELS AND CLARITY RESET

- Follow the specific protocol given by your practitioner. If instructed not to wash or wet your face for 6 hours, observe that restriction; this does not apply automatically to every peel.
- Redness, warmth, tightness, dryness, flaking or peeling may develop over the following days. Some peels produce little or no visible peeling.
- Do not pull or pick peeling skin. Use only the cleanser, moisturiser and sun protection recommended for your peel.
- Pigmented areas may temporarily look darker before they improve.
- Avoid other exfoliating treatments and active products until the skin has recovered and your practitioner advises they are suitable.
- Avoid intensive facial procedures, including, laser/IPL and needling, until cleared by your practitioner (often around 4 weeks).

FACIAL CUPPING

- Temporary redness, tenderness, bruising or circular marks may occur from suction and can take several days to fade.

- Avoid vigorous massage or exfoliation of sensitive areas for 24 hours. Contact the clinic if you develop significant pain, blistering or persistent bruising.

DIVINE PRO PYRAMID FACIAL — TRI-FRACTIONAL & VOLUMEDERM

- Tri-Fractional and VoluDerm are resurfacing / RF microneedling technologies. Depending on treatment settings, expect redness, warmth, swelling, tightness, sensitivity, tiny pinpoint marks or a rough “sandpaper” texture. These may last several days; recovery varies.
- For the first 24 hours, keep the area clean and dry, avoid touching it and use only products specifically approved by your practitioner. Avoid make-up for at least 72 hours and longer if the skin is not fully closed or remains irritated.
- Avoid exercise causing heavy sweating, saunas, steam rooms, hot baths and swimming for at least 48–72 hours, and until the skin surface has recovered.
- Do not scrub, pick or remove any tiny crusts. Avoid retinoids, AHAs/BHAs, exfoliants, fragranced products and harsh cleansers for at least 5–7 days, or until fully healed.
- Avoid direct sun exposure; use SPF 50 when your practitioner confirms it is appropriate to apply. Avoid self-tan until fully healed.
- Do not book peels, laser/IPL, waxing, microneedling or other intensive treatments on the area until your practitioner has confirmed a safe interval, commonly around 4 weeks.

WHEN TO CONTACT US

Contact the clinic promptly for worsening redness after the first 48 hours, increasing pain, spreading swelling, pus, blisters, or an unexpected or persistent reaction. Seek urgent medical attention for severe swelling, breathing difficulty, fever with rapidly spreading redness, or other serious symptoms.

This sheet is general guidance and does not replace personalised aftercare or device/manufacture protocols.