

Mesotherapy Aftercare

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Immediately After Treatment:

- Avoid touching or rubbing the treated area
- Do not apply makeup or other products to the area
- Avoid exposure to direct sunlight and heat
- Apply cool compresses to reduce any swelling or discomfort

First 24 Hours After Treatment:

- Do not wet the treated area
- Avoid any strenuous exercise or activities
- Do not consume alcohol or caffeine
- Avoid any saunas, hot tubs, or steam rooms

Next 2-7 Days After Treatment:

- Avoid direct sunlight or tanning beds
- Wear sunscreen with at least SPF 30 when outdoors
- Do not use any harsh or exfoliating skincare products on the treated area
- Do not get facials or chemical peels
- If you experience any discomfort or have any questions during the healing process, please do not hesitate to contact us.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.