**Profhilo Aftercare Instructions**

You can have a Profhilo treatment and continue with your day-to-day activities. However, we do advise that you avoid wearing makeup, or touching your face after treatment (for at least 24-hours). This will help to reduce the risk of any potential infection.

After the treatment, it is recommended to avoid physical strain and sports for 24 hours. Please also avoid having further cosmetic procedures for 48 hours. It is not recommended to undergo sauna treatments or to use steam rooms for the first few days either. It’s also best to stay out of the sun if any bruising or prolonged swelling occurs.