

## **Aftercare & Treatment Guidance**

At Joanne Helen Aesthetics, your comfort, safety and results are always the priority. Aftercare advice will be discussed during your appointment and tailored to the treatment you have received.

The guidance below provides general information to help support your skin following treatment.

### **General Aftercare Advice**

After most treatments, you can return to normal daily activities straight away. However, it is important to allow the skin time to settle and heal.

For the first 24 hours following treatment it is generally recommended to:

- Avoid touching or rubbing the treated area unnecessarily
- Avoid alcohol and strenuous exercise
- Avoid excessive heat such as saunas, steam rooms or hot baths
- Avoid applying make-up directly to the treated area where possible
- Follow any additional advice provided during your appointment

Mild redness, swelling or tenderness can occur after some treatments and usually settles within a few hours to a few days depending on the procedure.

### **Anti-Wrinkle Treatment Aftercare**

Following anti-wrinkle injections you should:

- Avoid rubbing or massaging the treated area for 24 hours
- Remain upright for at least four hours after treatment
- Avoid strenuous exercise for the remainder of the day
- Avoid facials, massage or skin treatments for at least 24 hours

Results usually begin to appear within a few days and continue to develop over approximately 14 days.

### **Dermal Filler Aftercare**

After dermal filler treatment it is normal to experience mild swelling, tenderness or small areas of bruising.

To help reduce swelling and allow the filler to settle:

- Avoid touching or applying pressure to the area for 24 hours
- Avoid strenuous exercise and alcohol for 24 hours
- Avoid excessive heat such as saunas or sunbeds for several days
- Sleep with your head slightly elevated on the first night if possible

Swelling generally settles within a few days, with final results becoming clearer as the area settles.

### **Skin Treatments Aftercare**

(Microneedling, Peels, Dermaplane and Facials)

Following skin treatments your skin may feel slightly warm, sensitive or appear mildly red.

To support the skin while it recovers:

- Avoid active skincare products such as retinol or exfoliating acids for several days
- Avoid sun exposure and wear SPF daily
- Avoid heat treatments, saunas and steam rooms for 24–48 hours
- Keep the skin well hydrated with gentle skincare products

Your skin will gradually return to normal as it renews itself.

### **When to Seek Advice**

If you have any concerns following treatment, please contact the clinic for guidance.

While side effects are uncommon, it is always best to seek advice if something does not feel quite right.

### **A Final Note**

Every treatment and every client is different. Personalised aftercare instructions will always be provided during your appointment to ensure the best possible results.

If you are unsure about any aspect of your aftercare, please do not hesitate to get in touch.

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