

DR.MATLA CLINIC

Post Procedure Advice



ANTI WRINKLE TREATMENT

After treatment, most people can resume their normal daily activities. Immediately after treatment, there may be some redness, minor swelling at the injection sites and pin-prick marks, which should settle in time. If you develop any bruising, which may be apparent at the time of treatment or may even develop over the following days, it is usually minor and can be covered with make-up. Occasionally, more significant bruising can occur. Rarely, you may develop a headache after treatment which can last a few days. Simple analgesia can be taken for this if needed.

We advise the following:

- Do not apply make-up for 12 hours after treatment to reduce the risk of infection.
- Try to avoid touching or rubbing the treated area until the following day as you may affect the results of treatment.
- Avoid extremes of hot or cold and vigorous exercise on the day of treatment.
- Contact the clinic if you experience any unwanted side effects.

DERMAL FILLERS

After treatment, most people can resume their normal daily activities. Immediately after treatment, there may be some redness, tenderness and swelling at the injection sites. Bruising may be obvious immediately after treatment and may be quite pronounced.

We advise the following:

- Do not apply make-up for 12 hours after treatment to reduce the risk of infection.
- Avoid saunas, swimming pools and sunbeds until the initial swelling and redness have settled.
- Try to avoid touching or rubbing the treated area until the following day, as you may affect the results of treatment or cause infection unless otherwise advised by your treating practitioner.
- Avoid extremes of hot or cold and vigorous exercise until the initial swelling has resolved.
- If swelling persists, you may be advised to apply a cool pad to help remedy this.
- Contact the clinic if you experience any unwanted side effects.

CHEMICAL PEEL

We advise the following:

- Following your chemical peel treatment, you may experience some redness on the treated areas accompanied by a warm glow. This will last for several hours but should have settled by the following morning.
- Peeling does not generally occur with superficial treatments, but if peeling does occur, it generally starts after 48 hours and may last from 2 to 5 days and sometimes longer. Your practitioner or therapist will be able to advise you more specifically depending on your skin condition and the chemical peel used.
- Make-up or your usual skincare products should not be applied for at least 12 hours after your treatment unless otherwise advised by your practitioner or therapist.
- Ensure your practitioner or therapist is aware of any skincare products that you are using so they can advise you on when they can be safely restarted.
- Do not pick, peel, scrape, scratch or wax your skin as this may lead to infection, bleeding, pigment change, delayed recovery or scarring.
- Avoid abrasive sponges and exfoliating skincare products for one week after treatment.
- Avoid other cosmetic procedures without the specific guidance of your practitioner or therapist, including waxing or electrolysis.
- Wash with a very mild soap, rinse with warm water and pat dry. Remember to moisturise regularly following the treatment as you may experience some dryness for a few days.
- Avoid sun exposure and use a broad-spectrum (UVA and UVB) sun cream of at least SPF30 for 6 weeks post-treatment as your skin's natural barrier may have been compromised.
- Avoid the use of alpha and beta-hydroxy acids, retinoids, retinol, fragranced products and any creams or serums that are in any way irritating for at least a week.
- Pain killers may need to be taken following deeper chemical peel treatments.
- You may be required to use anti-viral medication or an antibiotic cream following a medium depth or deep peel after the treatment to reduce the risk of infection.
- Your practitioner or therapist may recommend an antihistamine medication after treatment if itching is problematic.
- For best results, a course of treatments may be recommended by your practitioner or therapist.

MICRONEEDLING

Microneedling has been proven to enhance skin rejuvenation and increase the absorption of products. This encourages your body's innate ability to re-grow and repair itself naturally thus generating new collagen, elastin and skin cells. Hence it helps to improve fine lines & wrinkles, pigmentation, open pores and ageing skin as well as stretch marks, scars, blemishes and even hair regeneration. Aftercare To ensure the best possible results, please follow this AfterCare Advice.

We advise the following:

- After treatment, it's quite normal for redness, skin sensitivity and possibly mild swelling for 24-48 hours following treatment. The skin may resemble moderate sunburn during this time. Effects usually resolve within a few hours, so you are likely able to return to your normal activities the same or the next day.
- To avoid infection, ensure that your hands are clean before touching the treated area or applying skincare products, for the first 2 days after the treatment.
- For 3 days after treatment, avoid perfume, perfumed cosmetics or skincare products containing Glycolic Acid or AHA on the area.
- Your skin may look dry, and possibly flaky, for a few days after the redness subsides. You may use Aloe Vera gel to soothe the skin if you wish, plus an intensive moisturiser for 7 days to help with any dryness.
- Avoid extreme temperatures such as saunas, steam baths, etc for a period of at least 7 days after the treatment.
- Avoid makeup for 24 hours after treatment.
- Avoid sunbeds and wear SPF 30-50 when outdoors to protect your skin from direct sun exposure. If you fail to protect your skin from sun exposure, you will be at risk of uneven pigmentation and sunburn.
- ALL facial skin procedures in the area, including injection-based treatments, should be avoided for 2-4 weeks after treatment.
- Stay well hydrated by drinking 2 litres of water a day and avoid alcohol for 24 hours.
- A course of treatments is needed to provide long-term anti-ageing results 2-4 weeks apart.
- For optimal results, you should use the recommended skincare products between treatments.
- Please do not hesitate to call our clinic should you have any questions or concerns regarding your treatment or aftercare.



PLATELET RICH PLASMA (PRP)

Please carefully read and follow these instructions after your PRP treatment

- There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.
- DO NOT touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
- AVOID Aspirin, Ibuprofen (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for at least 1 week prior to and 2 weeks after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.
- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure.
- If you experience any pain or discomfort you may take paracetamol-containing products as directed.
- We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Do not wet your hair for at least 3 hours after your treatment. For the first 3 days, use a shampoo that is pH balanced.
- AVOID saunas, steam rooms, swimming for 2 days after your treatment. AVOID vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- AVOID alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- AVOID resuming Minoxidil (Rogaine®) or hair colouring or straightening for 3 days. Continue increased water intake the first week after your treatment.

FAT-DISSOLVING INJECTIONS:

- After the treatment, the use of a pressure bandage is highly recommended during the first 48 to 72 hours. These, in addition to reducing the initial pain, which is typical during the first 12 to 24 hours, also reduce oedema and in general, the post-treatment phase.
- Lymphatic drainage or pressure therapies are also advised to reduce the postoperative phase and accelerate a full recovery (2 sessions per week for 2 to 3 weeks post-treatment starting from the third day after the treatment).
- The treated area should not be exposed to direct heat (sauna, sun) or severe cold
- Avoid physical exercise for 4/5 days, Adherence to a low-fat diet
- Do not apply cosmetics to the treated areas for 12 hours
- Anti-inflammatory drugs (ibuprofen) should be avoided (advise paracetamol)
- Treatments may be performed 4 to 7 weeks apart until the required clinical result is obtained.

Thankyou for your treatment with us.

Contact us -

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Visit - www.drmatla.com

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Treatments Available

- **Anti-Wrinkle Injections**
- **Dermal Fillers**
- **P R P**
- **Micro Needling**
- **Prophilo**
- **IV Drips**

- **Fat loss injections**
- **Chemical Peels**
- **Skin care**
- **LED Phototherapy**
- **P - Shot**
- **Mesotherapy**



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**DR. MATLA
MEDICAL AESTHETICS**