



Light Eye Aftercare

- Don't apply foundation or creams over the treatment area for 6 hours after your treatment.
- Avoid strenuous exercise first 24 hours or hot tubs.
- Avoid alcohol for 24 hours after your treatment
- No saunas or tanning booths for 2 weeks after your treatment - and don't have radiofrequency, IPL, laser, or any other heat treatments near the treated area for 2 weeks.
- Always wear a broad spectrum, high factor (30 or above) SPF.
- Bruising can be helped by taking oral bromelain (pineapple extract) and oral arnica, or by applying arnica cream.
- After your treatment, you should begin to see an improvement skin quality, skin hydration and texture when the swelling subsides, but you'll need to give it 3-7 days to judge the final result due to the amount of time needed for the bio-revitalisation and collagen stimulation.
- It's important to have your follow up treatments to achieve the best results.

Adverse reaction awareness:

The results directly after the treatment should not be seen as the final result.

Pain and discharge are not normal. If you experience these, please call the clinic immediately for advice.

If you experience persistent or increasing swelling and redness that might indicate infection, or bruising that is more than average, contact us via email: info@mypureaesthetics.com or whatsapp: 07779666009