

# SKINjectable SKINcare



## Post-Injectables Skincare Regimen

Getting dermal injections is quick and easy, but taking care of your skin afterward is key to maintaining results. Following a few simple dos and don'ts can maximize your results and avoid bruising or unwanted dissipation.

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### Topical *skincare*

- ✓ **Gentle Cleanser**  
Gently cleanses without causing irritation.
- ✓ **Moisturizer**  
Hydrates, softens, and enhances skin moisture.
- ✓ **Antioxidants**  
Protects with topical antioxidants, like vitamin C, for skin defense.
- ✓ **Sunscreen**  
Essential daily protection against UV rays.
- ✓ **Hyaluronic Acid**  
Hydrates, plumps, and promotes healing.

# Post-Injectables Quick *Tips*

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## Skincare *Tips*

- ◇ Consult your clinician to discuss all your medications
- ◇ Expect bruising and swelling
- ◇ Keep hydrated
- ◇ Go makeup-free on the day of your injections
- ◇ Apply ice for a few minutes every hour
- ◇ Wear sunscreen daily
- ◇ Invest in quality skincare products
- ◇ Schedule your next maintenance appointment

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## Post-Injectables *restrictions*

### For up to 5 days:

- ◇ Refrain from touching or massaging your face
- ◇ Avoid hot saunas or excessive heat for 24 hours
- ◇ Avoid harsh exfoliants, retinoids, and acids (AHA, BHA)
- ◇ Minimize physical activity for at least 24 hours
- ◇ Avoid taking blood thinners, like aspirin or Advil
- ◇ Avoid drinking alcohol

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## Safeguarding Your SKIN*vestment*

Your investment in your appearance is important, and we're committed to safeguarding it with expert care. Regular follow-ups with our licensed clinicians ensure optimal, long-term skin health and support throughout your skincare journey!

