



Mesotherapy Aftercare Instructions

Thank you for choosing our mesotherapy treatment. To ensure you achieve the best results, please follow these aftercare instructions:

What to Expect

Initial Reactions: It is normal to experience some redness, swelling, and bumps at the injection sites. These typically subside within a few days to a week.

Hydration and Radiance: You will notice improved skin hydration and a more radiant appearance within a few sessions.

Skin Rejuvenation: Expect smoother skin texture and a reduction in fine lines and wrinkles as you progress through your treatments.

Pigmentation Improvement: Dark spots and uneven skin tone will gradually improve, leading to a more uniform complexion.

Aftercare Tips

- Refrain from touching or rubbing the treated areas for at least 6 hours after the session.
- Avoid applying makeup for the rest of the day to allow your skin to breathe and recover.
- Use a broad-spectrum sunscreen with at least SPF 30 to protect your skin from UV rays. Avoid direct sun exposure for at least 48 hours.
- Drink plenty of water to help flush out toxins and keep your skin hydrated.
- Use a mild cleanser to wash your face and avoid any harsh skincare products or exfoliants for a few days.
- Steer clear of hot showers, saunas, and intense workouts for at least 48 hours to prevent further irritation.

Follow-Up and Maintenance

- For optimal results, a series of 3 to 4 treatments spaced a few weeks apart is recommended. Your practitioner will provide a customized treatment plan.
- Periodic maintenance sessions may be suggested to sustain the results.

When to Contact Us:

- If you experience any severe reactions, such as intense pain, significant swelling, or signs of infection, please contact us immediately.

- For any questions or concerns about your treatment, feel free to reach out to our office.

Thank you for trusting us with your skincare needs. We are dedicated to helping you achieve a healthy, glowing complexion. We look forward to seeing you at your next appointment in 2-3 weeks.