

FACE
GEL

**HYALURONIC ACID GEL
AFTERCARE**

youareface.com

Hyaluronic Acid Gel with Hyaluron Pen

AFTERCARE & HEALING

- For 1 week prior and 1 week after treatment; avoid tretinoin, retinal, retinoids, glycolic acid, peels, and skin sensitizing products.
- For 72 hours prior and 72 hours after treatment, avoid highly processed foods as they greatly dehydrate the body. Instead, eat spinach, kale, and celery during the week before treatment to boost your Vitamin K levels.
- For 1 week after treatment, keep the treated area protected from the sun and use 45+ broad spectrum SPF.
- Avoid intensive sweating, exposure to extreme temperatures, and swimming for 2 -3 days prior to treatment.
- Drink 1/2 gallon or more of water daily for 48 hours before and after treatment. Hyaluronic Acid bonds to other Hyaluronic Acid and water. Dehydration dissipates the Hyaluronic Acid Filler.
- 24 hours prior to treatment and as needed after, take Arnica Montana tablets and an anti-inflammatory to help with swelling and bruising.
- For 1 week prior and 1 week after treatment, avoid flying or saunas as they dehydrate the body.
- Be gentle to your treatment area for at least 24 hours after the procedure.
- For 24 hours prior and 24 hours after treatment, avoid rigorous workouts. New fresh fillers need time to set, so lots of water and lack of rigorous movement for 24 hours after is key.
- After the swelling goes down, if there is still a lump, apply soft pressure to the lump and hold for up to ten minutes, 2 - 3 times daily. After 2 - 3 days of doing this, all lumps should be gone.
- Visit youareface.com for more information.