

A close-up, high-resolution portrait of a woman's face, focusing on her eyes, nose, and lips. She has dark, wavy hair and is looking slightly to the left. The word "FACE" is overlaid in large, white, sans-serif capital letters, with "FA" on the top line and "CE" on the bottom line, centered over her face.

FACE

youareface.com

Skin Boosters

AFTERCARE

Must Do:

- Keep the treatment area clean and minimize contact for 24 hours.
- Drink plenty of water 48 hours before and after treatment.

Avoid:

- Makeup for 24 hours post-treatment.
- Direct sun exposure.
- Hot showers and saunas for 48 hours after treatment.
- Flying 48 hours before and after the appointment.
- Sleeping on the treated area for 72 hours.
- Highly processed foods 72 hours before and after treatment.
- Massaging the treated area for one week, unless advised otherwise by the provider.
- Tretinoin, retinol, retinoids, glycolic acid, peels, or skin-sensitizing products for one week.

Reminder:

- Reach out to the office with any questions or concerns
- Final results may take several weeks to become apparent.
- Optional: Take arnica montana and bromelain as needed to alleviate swelling and bruising.

Visit [youareface.com](https://www.youareface.com) for more information.