



CLERMONT HEALTH AESTHETICS

HYDROBOOSTER

Aftercare Advice



Thank you for choosing Clermont Health for your Hydrobooster treatment!

Following your Hydrobooster therapy, here are some important aftercare tips to optimise results and ensure a smooth recovery:

- **Apply a Cold Compress:** reduce swelling and redness at the injection site.
- **Hydration is Key:** Maintain adequate hydration by drinking plenty of water (1.5-2 litres) daily.
- **Avoid Touching:** Refrain from massaging or touching the injection sites to prevent irritation and potential infection.
- **Makeup on Hold:** Wait at least 12 hours before applying makeup to allow the injection sites to settle.
- **Hold Certain Skincare Products:** Avoid topical products containing tretinoin, retinols, retinoids, glycolic acid, or alpha hydroxy acids for two days after treatment.
- **Limit Physical Strain:** Avoid strenuous exercise, sudden head movements, or heavy lifting for the first 24 hours after treatment.
- **Minimise Sun Exposure:** Protect yourself from direct sunlight (including tanning beds) for one week following treatment. Use a broad-spectrum sunscreen with SPF 30 or higher daily.
- **Limit Heat and Cold:** Avoid extreme heat (saunas, steam baths) and intense cold for one week after treatment.
- **Spacing Treatments:** Allow at least two weeks before scheduling any further cosmetic procedures in the treated area.
- **Limit Alcohol Intake:** Reduce alcohol consumption for 10-14 days following treatment.

Expected Reactions:

- **Temporary Discomfort:** It's normal to experience mild redness, swelling, pain, and itching at the injection sites. These reactions typically resolve within a few days.
- **Cold Sore Risk:** If you have a history of cold sores, be aware that injections near the lips may trigger a flare up.

We are here for you!

If you experience any unexpected discomfort or have questions following your treatment, please don't hesitate to contact Clermont Health. We are committed to your satisfaction and well-being.

Enjoy your radiant, hydrated skin!