

# TRACIE GILES


PERMANENT MAKEUP AESTHETICS


KNIGHTSBRIDGE · LONDON


## AESTHETICS AFTERCARE ADVICE

The procedure you have chosen involves breaking the skins surface so it is critical that you follow all aftercare instructions below - in addition to any advice given by your practitioner - to prevent infection, complications, scarring and to achieve optimum results. Once the treatment area is healed a high factor sun block should always be worn to prevent sun damage. Make sure you discuss your treatment program with your practitioner, this will enable you to get the best results from your Aesthetics treatment.

If you have any questions or concerns please contact Tracie Giles London:

 +44 (0)207 584 1005

 [clinic@traciegiles.co.uk](mailto:clinic@traciegiles.co.uk)

 [www.traciegiles.co.uk](http://www.traciegiles.co.uk)

In addition to the advice for specific treatments below please follow this general aesthetics post-treatment advice (unless stated otherwise):

- Use Clinisept+ morning and night. Spray onto a cotton pad and gently pat into the treatment area. After cleansing, apply Crème Rescue Serum over the entire face and neck (4 x per day for 3 days after treatment, 2 x per day from day 4).
- PLEASE NOTE: The above does not apply to Anti-Wrinkle Injections. Avoid touching the treatment area entirely for 48 hours.
- Redness, swelling or tenderness around the treated area is likely. Occasionally some bruising may occur, this usually subsides within a few days depending on your body, age and treatment.
- Avoid touching or applying makeup to the treatment area for at least 24 hours after treatment to avoid infection.
- Avoid alcohol and blood thinners including aspirin for at least 24 hours before and 6 hours after treatment to help prevent bruising.
- Until the initial swelling or redness has resolved / or for at least 24 hours do not use sunbeds, saunas, steam rooms and avoid swimming, exercise or extreme temperatures.

# TRACIE GILES

PERMANENT MAKEUP AESTHETICS

KNIGHTSBRIDGE · LONDON

## DERMAL & LIP FILLERS:

- Blood thinning medication increases the risk of bruising and discolouration to the skin at the injection site.
  - Icing the area reduces swelling and redness.
  - Do not touch the treatment area. There is no need to massage this product unless instructed to do so by your practitioner.
  - You must wait 2 weeks between Lip Fillers and Gloss & Go™ Lip Blush if performed separately. Both treatments can be performed on the same day by the Tracie Giles London team.
  - Drink plenty of water - fillers love water!
  - A review is recommended after 14-21 days.
- 

## ANTI-WRINKLE INJECTIONS:

- Do not touch the area for 48 hours after treatment.
- Remain upright for 4 hours – do not lie down, bend over or rest head forwards for long periods of time (no yoga or tight hats etc.).
- Avoid beauty salon peel treatments for 2 weeks.
- Avoid Permanent Makeup treatments for 10 days.
- Anti-Wrinkle Injections will normally 'kick in' at days 7-10; day 14 at the latest. A free adjustment and possible top up appointment are offered on day 10-14 if needed. Our recommended treatment plan usually requires a top up every 12-16 weeks.

## PROFHILO / SEVENTY HYAL / SKIN BOOSTER:

- Avoid alcohol, aspirin, vigorous exercise, and UV exposure for 48 hours, and keep well hydrated.
- The product is injected in small amounts at the injection sites. You may be able to see the injection sites initially, but they usually settle within hours. Injection sites close to the eye can sometimes make the eye look puffy for a couple of days after treatment. It may be possible to feel the product where it has been injected under the skin. This will settle, there is no need to massage.
- Avoid sunbathing and extreme hot or cold temperatures for 14 days post treatment.
- Any bruising may take a few days to appear, applying arnica can help to clear bruising.
- Tenderness should reduce as swelling and bruising goes down.

## Symptoms to report to your practitioner:

- Redness, tenderness, itching or swelling worsens after 3 days, rather than improves.
- Blanching, mottled bruising/redness, or pain (beyond tenderness as you would expect with bruising or swelling).

# TRACIE GILES

PERMANENT MAKEUP AESTHETICS

KNIGHTSBRIDGE · LONDON

## AQUALYX® FAT DISSOLVING INJECTIONS:

- Do not wash the area or take a hot shower for 8 hours after the treatment.
- Numbness/reduced sensation in the treated area often occurs and can persist for several weeks/months after the treatment. This will resolve itself with time.
- The area can remain tender to touch several weeks after the treatment. Paracetamol can be taken, but avoid anti-inflammatory pain killers such as Ibuprofen.
- Applying an ice pack to the treated area can reduce the initial swelling. Massaging Arnica gel into the treated area 3-4 times a day can also help with bruising and swelling.
- Abstain from demanding physical exercise for 7 days. Sweating will cause you to excrete the solution from the skin, reducing effectiveness
- As the released fatty acids are converted into additional energy, it is especially important that you keep a healthy diet, otherwise your body will simply store the fat in an alternative fat depot.
- Eat extra fibre to bind toxins excreted in the digestive tract.
- Avoid alcohol to facilitate the liver in the handling of the fat.
- Drink plenty of water.

## VI PEEL:

- It's very important that you wear SPF 50 for 10 days following treatment as new skin will have been exposed.
- Your skin should start to peel around day 3-5. Refrain from scrubbing, picking and pulling at any loose skin.
- Avoid applying makeup for 5 days post-treatment.
- Avoid any facial treatments or aggressive skincare routines for 10 days after treatment.

---

## MICRONEEDLING:

- Your skin may feel tight, dry or sensitive to touch immediately after treatment.
- Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch, or scrub at treated skin! You must allow the old skin to flake off naturally and keep it moisturised at all times with Crème Rescue Serum.

# TRACIE GILES

PERMANENT MAKEUP AESTHETICS

KNIGHTSBRIDGE · LONDON

## NON-SURGICAL BLEPHAROPLASTY:

- Swelling and inflammation is normal and should be expected 1-5 days post-treatment. You may also experience a stinging sensation like sunburn which should fade within 24 hours.
- Ice packs covered in a clean, dry cloth may be applied to reduce swelling.
- Crusts quickly form on the area and are visible for up to a week. DO NOT rub, scratch, pick, peel or pull at the crusts, it is essential that you wait for these to flake away naturally to avoid scarring.
- Skin may feel tight, dry, or itchy and weeping may occur, this is normal.
- Do not apply any cosmetics, skincare or makeup to the area for a minimum of 48 hours after treatment.
- Clean the area daily by spraying Clinisept+ onto a clean cotton pad and gently dabbing the skin. DO NOT RUB.
- Apply Crème Rescue Serum 4 x per day for the first 3 days then 2 x per day for the remaining healing period.
- Keep the treatment area out of direct sunlight.
- For the next 6 weeks and ideally longer, it's crucial to apply SPF50 when you are outside to prevent the new skin from burning.

If you have any questions or concerns please contact Tracie Giles London:



+44 (0)207 584 1005



clinic@traciegiles.co.uk



www.traciegiles.co.uk