

KATE TAYLOR SKIN & AESTHETICS

INJECTABLE TREATMENTS

PRE & POST TREATMENT CARE

Correct preparation and aftercare help reduce side effects, support recovery and achieve the best possible results. Please follow this guidance alongside any individual advice given by your practitioner.

BEFORE YOUR TREATMENT

- Avoid alcohol for **24 hours before** treatment.
- Avoid strenuous exercise for **24 hours before** treatment.
- Where medically appropriate, avoid non-essential aspirin, ibuprofen and anti-inflammatory medication for **24-48 hours before**, as these may increase bruising. **Do not stop prescribed medication without medical advice.**
- Avoid non-essential supplements that may increase bruising, such as **fish oil/omega-3 and vitamin E, for 3-5 days before**, where appropriate.
- Avoid waxing, threading, peels, laser or intensive skin treatments to the area for **5-7 days before**.
- Avoid excessive sun exposure and **do not use sunbeds**.
- Keep well hydrated and, where possible, arrive with clean skin and minimal/no make-up.
- Tell us about changes to your **health, medication, allergies, pregnancy/breastfeeding status or previous injectable treatments**.
- Tell us if you take **blood-thinning medication** or have a history of excessive bruising.
- Treatment may be postponed if you are unwell or have an **active infection, cold sore, open wound, inflammation or significant skin irritation** near the treatment area.

AFTER YOUR TREATMENT

Temporary **redness, tenderness, swelling, small bumps or bruising** around injection sites can be normal and usually improve over the following hours or days.

- Avoid rubbing, pressing or massaging treated areas for **24 hours**, unless specifically instructed.
- Avoid make-up for approximately **12 hours**, where possible.
- Avoid alcohol and strenuous exercise/excessive sweating for **24 hours**.
- Avoid **saunas, steam rooms, hot tubs and excessive heat for 24-48 hours**.
- Avoid facials, facial massage, skin devices and other professional treatments to the area for **2 weeks**, unless advised otherwise.
- Avoid excessive direct sun exposure, **do not use sunbeds** and wear **SPF 30-50 daily**.
- Keep skin clean and avoid strong active skincare directly over injection sites for **24-48 hours**.
- Do not pick, squeeze or repeatedly touch injection sites.
- Bruising may take **several days to 2 weeks** to resolve. Swelling can be more noticeable for the first **24-72 hours**.

ANTI-WRINKLE TREATMENT

Following anti-wrinkle injections, remain upright for approximately **4 hours** and avoid rubbing or applying firm pressure to treated areas for **24 hours**. Results are not immediate; changes usually begin within several days, with the full effect generally assessed at around **2 weeks**.

PLEASE REMEMBER

Results and recovery vary between individuals and treatments. Your practitioner may provide additional instructions specific to your treatment.

If you experience an unexpected or worsening reaction, significant pain, increasing redness, heat, swelling or anything that concerns you, please contact us promptly. For severe or rapidly developing symptoms, difficulty breathing, swallowing or speaking, or symptoms of a serious allergic reaction, seek **urgent medical attention**.

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