Abi Cole
AESTHETICS

SKIN BOOSTERS

AFTERCARE GUIDE

Following the right aftercare helps to maximise your results, reduce side effects and support your skin's healing and rejuvenation.



APPLIES TO

HA Skin Boosters

Deep hydration improves texture and glow.

Polynucleotides (PN) Treatments

Stimulates repair, collagen and skin regeneration.

IMPORTANT

Your skin is beginning its healing and renewal process. Be patient and kind to your skin for the best results.

GENERAL AFTERCARE INSTRUCTIONS

STAY HYDRATED

Drink plenty of water to support healthy support and flush out waste products from within.

DO NOT TOUCH

Avoid touching, pressing or massaging the treated areas without solving your practitioner.

KEEP IT CLEAN

Gently cleanse your skin with a mild cleanser. Avoid harsh cuts, cuts, and exfoliants or active ingredients for 48 hours.

AVOID ALCOHOL

Avoid alcohol for 24–48 hours as it can increase swelling and bruising.

AVOID INTENSE EXERCISE

Avoid intense workouts, heavy lifting, and fasting over 24–48 hours to prevent increased swelling.

AVOID HEAT EXPOSURE

Avoid saunas, steam rooms, and excess water to keep your skin hydrated from within.

NO MAKEUP

Avoid makeup for 24–48 hours to allow your skin to help and reduce risk of irritation.

BE GENTLE

Use gentle, hydrating skincare. Avoid active ingredients such as retinol, acids or vitamin C for 3–5 days.

SLEEP SMART

Try to sleep on your back and keep your skin clean and minimize swelling.

FOLLOW YOUR PLAN

Attend all recommended sessions and follow your practitioner's skincare and skincare advice for optimal results.

WHAT TO EXPECT

- Mild redness, swelling, pinprick marks, tenderness or bruising may occur and usually settle within 1–3 days.
- HA skin boosters may provide an immediate glow and hydration.
- Polynucleotide treatments work gradually to improve texture, elasticity and overall skin quality.
- Results continue to improve over the following weeks as your skin regenerates.

Everyone's skin is different. Results take time, consistency and the right aftercare.

SIGNS TO CONTACT US

- Severe or prolonged swelling
- Increasing pain or tenderness
- Redness, warmth or signs of infection
- Pus, unusual discharge or fever
- Allergic reaction or other unusual symptoms

Your safety is our priority. We're here to support you every step of the way.

LONG TERM SKIN HEALTH TIPS

- Stay hydrated
- Eat a balanced, antioxidant rich diet
- Wear SPF daily
- Avoid smoking and excessive alcohol
- Get enough sleep
- Manage stress
- Follow a consistent skincare routine
- Attend maintenance sessions as advised by your practitioner

Healthy habits + professional treatments + long lasting, beautiful skin.

EXPERT CARE

Safe treatments by qualified professionals

PREMIUM PRODUCTS

High quality, trusted products for the best results

PERSONALISED PLAN

Tailored treatments and skincare for your unique skin

NATURAL RESULTS

Enhancing your natural beauty with subtle, radiant results

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

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This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.