Aesthetics
by Gwen



YOUR AFTERCARE GUIDE

Under-eye skin booster

REGISTERED NURSE • WOODFORD, ESSEX

A NOTE FROM GWEN

Looking after *your result.*

Thank you for coming to see me. The skin under the eyes is the thinnest on the face, so it shows everything for a day or two: tiny bumps where the product was placed, some puffiness, perhaps a bruise. All of that settles.

Skin boosters work by improving the skin itself, so brightness and smoothness build gradually over the coming weeks and with each session in your course.

Gwen REGISTERED NURSE



AT A GLANCE

RESULTS Improves over a few weeks	LASTS 6–12 months
DOWNTIME None	REVIEW At your next session

STEP BY STEP

What to do, *and when.*

01

TODAY

Cool and calm

- No eye makeup or eye cream for the rest of the day.
- Don't rub your eyes or press on the small bumps.
- A cool pack wrapped in a clean cloth, held gently for ten minutes at a time, eases puffiness.

02

FIRST 48 HOURS

Take it easy

- No strenuous exercise, and avoid alcohol.
- Avoid heat: hot baths, saunas, steam rooms and sunbeds.
- Sleep on your back, head raised on an extra pillow.
- Cleanse with a light touch and pat dry.

03

FIRST 2 WEEKS

Let it work

- No facials, peels, microneedling or laser around the eyes.
- Wear SPF daily, and sunglasses in bright light.
- Keep to the spacing between sessions that we agreed.

WHAT TO EXPECT

Completely *normal.*

You may notice some of these. They are expected, and they settle by themselves.

- Small raised bumps under the skin, usually gone in one to three days.
- Puffiness, often worse first thing in the morning.
- Bruising, which can take up to two weeks to fade under the eyes.
- Mild tenderness or redness.

HELPING YOUR RESULT

- ✓ Paracetamol is fine if you need it and can normally take it. Avoid aspirin and ibuprofen for 48 hours unless they are prescribed for you.
- ✓ Drink plenty of water.
- ✓ Use gentle, fragrance-free products around the eyes.
- ✓ A course of three gives the most noticeable result.

PEACE OF MIND

When to *get in touch.*

Send me a message if you notice

- Bumps or puffiness that are still there after two weeks.
- A bluish tint or a lump you can see.
- Redness, warmth, swelling or tenderness that increases after day three, or any discharge.

URGENT

GWEN'S DIRECT LINE

Call Gwen straight away

07557 940 757

- Pain that is severe, or getting worse instead of easing.
- Skin on or near the treated area turning white, grey, dusky or blotchy in a lacy pattern.
- Skin that feels cold, or small blisters or spots appearing over a discoloured patch.

These can mean the blood supply to the skin is affected: rare, but it needs prompt treatment. If you can't reach Gwen, call NHS 111 or go to A&E and say you have had a hyaluronic acid skin booster injected under your eyes.

EMERGENCY

DIAL

Call 999, don't wait

999

- Any loss of, or change in, your eyesight.
- Swelling of the lips, tongue or throat, difficulty breathing, or a widespread rash.

YOUR TREATMENT RECORD

For you *to keep.*

TREATMENT Under-eye skin booster

DATE

AREAS TREATED

REVIEW APPOINTMENT

NEXT TREATMENT DUE

NOTES

Any question at all, *ask me.*

CALL OR MESSAGE
07557 940 757

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This booklet is general guidance to support the advice given at your appointment. It does not replace individual medical advice: if Gwen has given you different instructions, follow those. In an emergency call 999.

Aesthetics *by Gwen*