

General Aftercare after Polynucleotides:

- **Avoid touching or massaging the treated area:**

This helps prevent disruption to the newly injected polynucleotides and reduces the risk of infection.

- **Limit heat exposure:**

Avoid saunas, steam rooms, hot baths, and intense workouts for at least 48 hours, and ideally 3 days, after the treatment.

- **Stay hydrated:**

Drink plenty of fluids, especially water, to support skin hydration and the healing process.

- **Protect from the sun:**

Apply a broad-spectrum sunscreen with an SPF of 30 or higher daily, especially during the initial 2 weeks.

- **Avoid makeup:**

Refrain from applying makeup for at least 24 hours, allowing the treated area to heal undisturbed.

- **Be mindful of skincare:**

Avoid using active ingredients like retinol, tretinoin, acids, and hydroquinone for 5-7 days before and after treatment.

- **Avoid alcohol and strenuous exercise:**

Limit alcohol consumption and strenuous activities for 24-48 hours to minimise swelling and bruising.

- **Monitor for side effects:**

You may experience mild redness, swelling, or sensitivity for the first 48 hours. If these persist or worsen, or if you notice any other concerning signs, contact your practitioner.

Skincare Precautions:

- **Gentle cleansing:** Wash the treated area with a gentle cleanser and pat dry with a clean towel.
- **Avoid harsh products:** Refrain from using scrubs, exfoliants, or products with fragrances for the first few days.

- **Consider arnica cream:** Arnica cream can help reduce bruising, swelling, and inflammation.

Additional Considerations:

- **Follow-up appointments:**

Your practitioner may schedule a follow-up appointment to monitor your progress and address any concerns.

- **Long-term skincare:**

Maintain a gentle and nourishing skincare routine to support healthy skin and preserve the results of your treatment.

Please contact Novello Skin immediately if you experience any:

- Prolonged swelling that last more than several days
- Signs of infection; redness, increased local temperature of soft tissues around injection sites, pain/ pain on touch after several days post injection, functionally affected areas (difficulty with facial expressions), increased body temperature
- Lumps (nodules) under skin

In case of any emergency, please call

01242 230 440 -during working hours

07702 010582- out of hours

info@novelloskin.co.uk (as alternative if no phone answer

immediately – we monitor our mail box 7 days a week)