

COLLAGEN STIMULATING TREATMENT

PRE AND POST CARE

Collagen stimulating treatments are non-invasive procedures designed to promote collagen production, improve skin elasticity, and reduce the appearance of fine lines and wrinkles. These treatments use advanced techniques, such as radiofrequency or microneedling, to target deeper layers of the skin, encouraging natural tissue regeneration. As a result, the skin becomes firmer and more youthful in appearance. Collagen stimulating treatments are suitable for the face, neck, and other areas of the body where signs of aging are present.

Results from collagen stimulating treatments appear gradually over several weeks as collagen production increases. While noticeable improvement may be seen after one treatment, a series of treatments is often recommended in order to achieve optimal results. Individual skin conditions will determine how long the healing process will last and whether maintenance sessions are required to maintain the results.

If you would like to achieve the best results as possible and minimize the risk of complications, it's essential to closely follow pre- and post-care instructions. If you encounter any concerns not covered here, please contact our clinic for personalized guidance.

Pre-Treatment Care

- **Avoid sun exposure:** Limit sun exposure and refrain from tanning for at least two weeks before treatment.
- **Hydrate:** Keep your skin hydrated and in good health before the procedure.
- **Avoid certain medications:** Do not take blood thinners, aspirin, or anti-inflammatory medications for at least one week before the treatment unless otherwise directed by your healthcare provider.
- **Avoid alcohol:** Avoid alcohol for 24 hours before the procedure.
- **Clean skin:** On the day of your appointment, arrive with a clean face free of makeup, lotions, or other skincare products.

Post-Treatment Care

Following these steps will enhance your collagen stimulation treatment's healing process and optimize its results:

- **Apply cold compresses:** Use cold compresses on the treated area for 10-15 minutes every few hours to reduce swelling and discomfort.
- **Avoid makeup:** Avoid applying makeup or skincare products for the first 24 hours after your treatment.
- **Moisturize:** A gentle, hydrating moisturizer soothes the skin and promotes healing.
- **Avoid direct sunlight:** Stay out of the sun for at least two weeks following your treatment, and protect treated skin with a broad-spectrum sunscreen.
- **Limit physical activity:** Avoid exercise or heavy physical exertion for 48 hours to minimize swelling and irritation.
- **Avoid alcohol and smoking:** Refrain from alcohol and tobacco for 48 hours post-treatment, as these can hinder the healing process.
- **Avoid exfoliation:** To prevent skin irritation, do not use scrubs or exfoliating products for one week after the procedure.
- **Elevate your head:** Keeping your head elevated may help reduce swelling during the early phases of healing.

Should you have any questions regarding your pre- or post-care instructions, please feel free to contact our clinic. During collagen stimulation, we strive to help you achieve the best results.