



Cozmetika Clinics

Aftercare Protocol

Please follow these instructions carefully for best results

Face Laser Aftercare

- Do not wash your face with face wash or soap for the first 24 hours.
- Avoid excessive sweating, gym workouts, steam, and hot environments for 24–48 hours.
- Wash your face only with cool water if needed.
- Apply a gentle moisturizer if you experience dryness or itching.
- If you feel heat or redness, apply a cold compress or ice pack wrapped in a cloth for 10–15 minutes.
- Avoid direct sun exposure and wear sunscreen (SPF 50+) starting the next day.
- Do not use active skincare products for 3 days, including:
 - Retinol
 - AHA/BHA acids
 - Vitamin C
 - Kojic Acid
 - Azelaic Acid
 - Exfoliants
- Avoid scratching, rubbing, or picking the treated area.
- Stay hydrated by drinking plenty of water.
- Mild redness and sensitivity are normal and usually resolve within 24–48 hours.



Hydrafacial Aftercare

- Do not wash your face for 6–8 hours after the treatment.
- Avoid touching, rubbing, or picking your skin.
- Use a gentle cleanser and moisturizer for the next 24–48 hours.
- Apply SPF 50+ sunscreen and avoid direct sun exposure.
- Avoid makeup for at least 24 hours if possible.
- Drink plenty of water to maintain hydration and enhance results.
- Avoid heat exposure for 24–48 hours, including:
 - *Saunas*
 - *Steam rooms*
 - *Hot showers*
 - *Intense workouts*
- Avoid active skincare products for 48 hours, including:
 - *Retinol*
 - *AHA/BHA acids*
 - *Vitamin C (if it causes irritation)*
 - *Exfoliants*
- Do not undergo waxing, threading, laser treatments, or chemical peels for at least 1 week unless advised otherwise.



PICO Laser / Carbon Laser Aftercare

What to Avoid (First 24–48 Hours)

Your skin will feel warm, red, and highly sensitive immediately after the session. To prevent prolonged inflammation:

- No excessive heat: Avoid hot showers, saunas, steam rooms, and hot tubs. Wash your face only with lukewarm or cool water.
- Skip intense workouts: Avoid strenuous exercise or heavy sweating, which can trap heat in the skin and worsen swelling.
- Hold off on makeup: Wait at least 24 hours before applying makeup. If your skin remains raw, blistered, or irritated, wait until it fully closes.
- Do not pick or scratch: Dark spots may turn darker or look like "coffee grounds" before flaking off naturally. Do not scrub or pick at them, as this can cause scarring.

Skincare Adjustments (First 5–7 Days)

Your skin barrier is temporarily compromised, so you must simplify your routine.

- Pause all "actives": Stop using retinoids (Retin-A, retinol), Vitamin C, alpha-hydroxy acids (AHAs like glycolic acid), beta-hydroxy acids (BHAs like salicylic acid), and physical face scrubs.
- Use a gentle cleanser: Wash your face twice daily with a mild, sulfate-free, non-abrasive cleanser. Pat dry gently; do not rub.
- Hydrate intensely: Apply a fragrance-free, alcohol-free moisturizer or soothing serum (containing ingredients like hyaluronic acid or ceramides) to support skin repair.

The Ultimate Golden Rule: Sun Protection

Because the laser targets pigment, your skin will be highly vulnerable to UV rays. Sun exposure during healing can ruin your results and cause dark spots to return worse than before.

- Apply SPF50+ daily: Use a broad-spectrum, preferably 100% mineral sunscreen every morning, even if it is cloudy or you are staying indoors near windows.
- Reapply frequently: If you are outdoors, reapply every 2 hours.
- Add physical barriers: Wear a wide-brimmed hat or use an umbrella when out in the sun.
- Avoid direct sun exposure entirely for at least 2 weeks post-treatment.

Expected Side Effects vs. Warning Signs

It is completely normal to experience mild swelling, a sunburn-like redness, warmth, and light flaking. You can use a clean, cool compress or ice pack (wrapped in a clean cloth) for 5 minutes at a time to reduce swelling.



HIFU Aftercare

What to Avoid (First 48 Hours)

Your deep tissue has just been treated with high-energy thermal heat. To prevent worsening internal swelling or disrupting the healing process:

- **Avoid extreme heat:** Do not use saunas, steam rooms, hot tubs, or take scalding hot showers. Wash your face or body with lukewarm water instead.
- **Skip strenuous exercise:** Heavy workouts raise your core temperature and increase blood flow to the face, which can intensify internal swelling and inflammation.
- **Do not consume alcohol:** Alcohol thins the blood and strains the liver, which is currently working to process the broken-down fat and cellular debris from the treatment.
- **Avoid facial massages:** Do not deeply massage, rub, or apply strong pressure to the treated area for at least 1 to 2 weeks.

Skincare Adjustments (First 3–5 Days)

Your skin might feel slightly tender, tight, or numb, so treat it gently.

- **Pause harsh active ingredients:** Wait 3 to 5 days before resuming products containing retinoids (Retinol, Retin-A), Vitamin C, glycolic acid, or salicylic acid to prevent superficial irritation.
- **Prioritize hydration:** Drink plenty of water. Apply a gentle, hydrating moisturizer containing hyaluronic acid or ceramides to support skin health from the outside.

Sun Protection

Even though HIFU doesn't peel the skin, UV exposure triggers collagen breakdown—the exact opposite of what you want.

- **Apply SPF 50:** Wear broad-spectrum sunscreen daily.
- **Avoid tanning:** Do not sunbathe or use tanning beds for at least 2 weeks post-treatment.

Expected Side Effects

It is completely normal to experience mild redness for a few hours, slight swelling, tenderness when touching your jawline, or a faint tingling/numbness. These are all signs that the deep tissue is healing and contracting.

Chemical Peels Aftercare

What to Avoid (First 3–7 Days)

Your skin is actively shedding and highly sensitive.

- Do not pick, peel, or pull the skin: As the skin flakes or cracks, it is tempting to peel it off. Let it drop off naturally. Pulling live skin prematurely causes bleeding, raw spots, and permanent dark scarring.
- No excessive heat or sweat: Avoid hot showers, saunas, steam rooms, and strenuous heavy workouts for 48 to 72 hours. Sweat can trap under the peeling skin and cause blistering or irritation.
- Skip makeup: Avoid face makeup for at least 24 to 48 hours for light peels, and wait until the skin fully closes/heals for medium to deep peels. Use only clean makeup brushes when you resume.
- Avoid other facial treatments: Do not wax, thread, dermaplan, or get facials for at least 2 weeks.

Skincare Adjustments (The Healing Phase)

A strict "less is more" rule applies here.

- Pause all active skincare: Stop using all retinoids (Retinol, Tretinoin), Vitamin C, AHA/BHA acids (glycolic, salicylic, lactic), and physical scrubs. Do not use a Clarisonic or cleansing brush. Wait at least 7 days (or until peeling completely stops) before restarting actives.
- Wash gently: Use a very mild, soap-free, fragrance-free cleanser. Use your hands only; do not use a washcloth, which acts as a physical exfoliant. Pat dry with a clean towel.
- Moisturize constantly: Apply a bland, thick, fragrance-free moisturizer or a healing ointment frequently throughout the day to keep the skin flexible and prevent painful cracking.

The Ultimate Rule: Strict Sun Avoidance

Your fresh, new skin has absolutely no natural defense against UV rays right now.

- Apply SPF 50+ daily: Use a broad-spectrum, preferably physical/mineral sunscreen (zinc oxide or titanium dioxide), as it is less likely to sting raw skin.
- Stay out of direct sunlight: Wear a wide-brimmed hat if you must step outside, and avoid direct sun exposure entirely for 1 to 2 weeks.

Quick Summary by Peel Depth

- Light / Superficial Peel: Expect mild redness and light flaking (like a mild sunburn) for 3–5 days.
- Medium Peel: Skin will turn brown, tight, and crusty, followed by heavier peeling for 7–14 days.
- Deep Peel: Severe peeling, swelling, and redness requiring surgical dressings and up to 3 weeks of strict downtime

PRP Microneedling Aftercare

The First 24 Hours: The "Lockdown" Phase

Your skin will look and feel like a moderate to severe sunburn. It may feel tight, warm, and swollen.

- Do not wash your face for the first 4 to 6 hours. Let the residual PRP fully absorb into your skin.
- Wash only with lukewarm water if you must rinse later that evening. Do not use any cleansers, soaps, or washcloths.
- Keep your hands off your face to prevent introducing bacteria into the open micro-channels.
- Sleep on a clean pillowcase (preferably silk or satin) and sleep on your back with your head elevated to reduce swelling.
- Do not apply makeup or sunscreen during this initial 24-hour window, as the ingredients can seep into the open punctures and cause severe irritation or granulomas.

What to Avoid (Days 1–3)

- No sweat or intense heat: Avoid strenuous workouts, saunas, steam rooms, and hot baths for at least 72 hours. Sweat contains bacteria that can easily trigger an infection in open skin.
- Avoid direct sun exposure: Since you cannot wear sunscreen on day one, stay indoors. On days 2 and 3, strict sun avoidance is mandatory.
- Do not pick or scratch: Your skin may begin to flake, feel rough like sandpaper, or itch. Let the dead skin slake off naturally to avoid scarring.

Skincare Adjustments (Days 1–7)

Keep your routine incredibly simple and focused purely on hydration and barrier repair.

- Pause all "actives": Stop using retinoids (Retinol, Tretinoin), Vitamin C serums, AHA/BHA chemical exfoliants (glycolic or salicylic acid), and physical scrubs for a full 7 days.
- Use a ultra-gentle cleanser: Starting on day 2, use a mild, fragrance-free cleanser twice daily.
- Hydrate with Hyaluronic Acid: Apply pure, unfragranced hyaluronic acid to soothe tightness. Follow it with a bland, barrier-supporting moisturizer.
- Wear mineral sunscreen: Starting on day 2, apply a broad-spectrum, 100% physical/mineral sunscreen (SPF 50+) daily. Mineral filters (zinc oxide or titanium dioxide) are much less likely to sting or irritate healing skin than chemical sunscreens.

Normal Healing Timeline

- Days 1–2: Redness, mild swelling, tight skin, and pinpoint bruising are completely normal.
- Days 3–5: Skin may feel dry, itchy, and begin mild flaking or peeling.
- Day 7+: Skin should be fully healed externally, revealing a brighter, smoother complexion while collagen continues to build over the next few weeks.

Mesotherapy Aftercare

The First 12 to 24 Hours: Keep it Clean

Your primary goal immediately after treatment is to keep the open injection channels free from contaminants.

- Do not wash the treated area: Avoid washing your face or body for at least 8 to 12 hours post-session. Let the remaining serum fully absorb.
- Keep your hands away: Refrain from scratching, rubbing, or massaging the skin to avoid introducing bacteria.
- Skip all makeup: Do not apply foundation, concealer, or powder for 24 hours to prevent clogging the injection paths.
- Sleep elevated: If you had a facial treatment, sleep on your back with your head slightly elevated on a clean pillowcase to minimize morning fluid retention.

What to Avoid (First 48 to 72 Hours)

- No heat or heavy sweating: Stay away from hot showers, steam rooms, saunas, and hot baths for 48 hours. Avoid strenuous workouts for 24 to 48 hours, as sweating can expel the injected nutrients out through your pores and reduce effectiveness.
- Avoid blood thinners and alcohol: Skip alcoholic beverages and excessive caffeine for 48 hours, as they dilate blood vessels and worsen bruising or swelling. Avoid taking ibuprofen or aspirin unless medically necessary.
- No swimming: Avoid public pools, lakes, or beaches for 72 hours to eliminate the risk of waterborne infections.

Skincare Adjustments (First 3 to 7 Days)

Your skin will feel slightly tender or bumpy initially.

- Pause active products: Stop using exfoliants, physical scrubs, retinoids, and high-strength AHAs/BHAs (glycolic or salicylic acid) for 3 to 7 days.
- Focus on basic hydration: Cleanse with a mild, fragrance-free formula and apply a pure, hydrating product or an antioxidant serum to speed recovery.
- Internal hydration: Drink 1.5 to 2 liters of water daily. Cellular hydration drastically enhances how well your body processes and distributes the injected active ingredients.

Sun Protection

Freshly punctured skin is highly prone to hyperpigmentation.

- Apply SPF 50+ daily: Always wear broad-spectrum protection.
- Avoid direct sunlight: Do not sunbathe or use tanning beds for at least 2 weeks.

Expected Side Effects

It is very common to see tiny raised bumps at the injection sites, light bruising, redness, or swelling. The bumps are small reservoirs of the nutrient solution and typically smooth out entirely within 24 to 48 hours. For swelling or bruising, you can gently apply a cold compress or use an over-the-counter arnica gel.



Botox Aftercare

The First 4 Hours: The Critical Window

This is the most important period for ensuring the Botox settles correctly.

- **Stay upright:** Keep your head elevated. **Do not lie down, lean forward, or recline** for at least 4 hours.
- **Keep your hands off your face:** Do not rub, massage, touch, or apply pressure to the injection sites.
- **Skip the workout:** Avoid any strenuous physical activity or exercise.
- **No hats or headbands:** Avoid wearing tight headwear, caps, or helmets that press down on the treated areas (especially the forehead).
- **Gently exercise the muscles:** It can be helpful (though not strictly mandatory) to frown, smile, or squint every few minutes to help work the Botox into the targeted muscles.

What to Avoid (First 24 Hours)

- **No heat or sweating:** Avoid hot showers, saunas, steam rooms, hot tubs, and tanning beds. Excess heat increases blood flow, which can flush the Botox away from the intended muscle.
- **Skip alcohol and blood thinners:** Avoid alcoholic drinks, aspirin, and ibuprofen for 24 hours. These thin your blood and can significantly increase your risk of bruising at the injection sites. (Use Acetaminophen/Tylenol instead if you have a mild headache).
- **Avoid sleeping on your face:** Try to sleep flat on your back for the first night.
- **No makeup or facial tools:** Wait 24 hours before applying makeup to avoid introducing bacteria into the tiny puncture wounds. Avoid using jade rollers, Gua Sha tools, or facial cleansing brushes.

Skincare & Other Treatments (First 2 Weeks)

- **Wash your face very gently:** When washing your face the evening of your treatment, use cool or lukewarm water and a mild cleanser. Use light, sweeping motions without pressing down hard.
- **Delay major facial treatments:** Do not get facials, chemical peels, microneedling, microdermabrasion, or facial massages for at least **10 to 14 days** post-injection.

Expected Side Effects vs. Full Results

- **Normal Side Effects:** You may see tiny, bug-bite-like bumps at the injection sites for the first 30–60 minutes. Mild bruising, tenderness, and a slight headache are also very common.
- **Timeline:** You will not see results immediately. Botox typically begins to take effect in **3 to 5 days**, with the maximum, final results appearing at the **14-day mark**.

Contact the clinic immediately if you experience severe side effects, such as a drooping eyelid, difficulty swallowing, blurred vision, or hives.

Dermal Filler Aftercare

The First 24 Hours: Managing Swelling & Placement

Your skin will feel tender, and swelling or bruising is very common immediately after the injections.

- **Keep your hands off:** Do not touch, rub, scratch, or massage the treated area. Let the filler settle exactly where your injector placed it.
- **Avoid makeup:** Wait at least **24 hours** before applying makeup to prevent introducing bacteria into the needle puncture marks.
- **Sleep elevated:** Sleep on your back with your head propped up on 2–3 pillows for the first 1 to 2 nights. This uses gravity to significantly reduce morning facial swelling.
- **Do not sleep on your face:** Avoid sleeping on your stomach or side to prevent compressing the fresh filler.

What to Avoid (First 48 Hours)

- **No intense heat or sweating:** Skip strenuous workouts, saunas, steam rooms, hot tubs, and hot showers. Increased blood circulation can drastically worsen swelling and bruising.
- **Skip alcohol:** Avoid alcoholic beverages for at least 48 hours. Alcohol dilates blood vessels, which increases your risk of severe bruising.
- **Avoid blood thinners:** Unless prescribed by a doctor, do not take aspirin, ibuprofen (Advil/Motrin), or naproxen (Aleve). If you experience mild pain, **Acetaminophen (Tylenol)** is safe to use.

Skincare & Lifestyle Adjustments (First 1 to 2 Weeks)

- **Wash very gently:** When cleaning your face, use lukewarm water and a gentle cleanser. Pat dry softly without applying heavy pressure.
- **Postpone facial treatments:** Do not get facials, facial massages, chemical peels, lasers, microneedling, or use tools like Gua Sha and jade rollers for at least **2 weeks**.
- **Avoid dental work:** Do not schedule any dental cleanings or procedures for **2 weeks before and 2 weeks after** facial fillers. Dental work can introduce bacteria into the bloodstream, which can track to the filler and cause delayed infections or nodules.
- **Limit extreme facial expressions:** If you received lip fillers, avoid using straws, kissing, or puckering your lips aggressively for the first 48 hours.

Expected Side Effects vs. Final Results

- **Normal side effects:** Asymmetrical swelling, mild lumps or firmness, tenderness, and bruising are completely normal. Lips, in particular, tend to swell unevenly and look exaggerated for the first 3 to 5 days.
- **The 2-Week Rule:** It takes a full **14 days** for the swelling to completely subside, bruises to fade, and the filler to fully integrate and soften into the tissue. Do not judge your final look until 2 weeks have passed.

Contact the clinic immediately if you experience severe, worsening pain, skin blanching (turning white/grayish near the injection site), or skin that feels unusually cold to the touch, as these can be signs of a rare vascular complication.

Lipolytic Injections Aftercare

The Golden Rule: Flush Your System

- Drink 2 to 3 liters of water daily: This is the most crucial part of lipolytic aftercare. When fat cells break down, their contents are released into your system. Staying highly hydrated supports your lymphatic system and kidneys as they process and permanently eliminate the cellular debris.

What to Avoid (First 48 to 72 Hours)

To prevent aggravating the internal swelling and to protect the tiny injection points:

- Avoid blood thinners: Do not take anti-inflammatory painkillers like Ibuprofen, Aspirin, or Aleve, as they can significantly worsen bruising. If you experience soreness, Acetaminophen (Tylenol) is completely safe to use.
- Skip alcohol and high-sodium foods: Steer clear of salty meals and alcoholic drinks for at least 3 days. Both cause your body to retain fluids, which can make post-injection swelling significantly worse.
- No extreme heat: Avoid hot showers, saunas, steam rooms, and hot tubs for 3 to 5 days. Heat dilates your blood vessels, increasing inflammation and making the area throb.
- Hold off on strenuous exercise: Avoid heavy lifting, intense cardio, or workouts that sharply raise your heart rate for the first 24 to 48 hours. Light walking is encouraged because it aids circulation and lymphatic drainage.
- Do not massage the area immediately: Unless your specific practitioner explicitly gave you a protocol to massage the area, leave it completely alone for the first 48 to 72 hours to allow the solution to settle and work evenly.

Skincare & Hygiene

- Keep the area sterile: Avoid touching the injection sites for the first 6 hours. Do not apply makeup, heavy body lotions, or active skincare products (like retinoids or Vitamin C) to the area for 24 hours to prevent introducing bacteria into the open needle marks.
- Wear loose clothing: If you had a body treatment (like the abdomen or thighs), wear loose-fitting clothing to prevent painful friction or constriction over the swollen skin.

What to Expect: The Recovery Timeline

- Days 1–3 (The Peak): The treated area will feel warm, tight, red, and swollen. If you had your double chin treated, expect a very noticeable "bullfrog" effect. You can gently apply a cold compress (wrapped in a clean cloth) for 10–15 minutes at a time to soothe the heat.
- Days 4–7: The swelling will begin to plateau and gradually subside. Bruising may become more visible before it fades, and the area might feel slightly numb, itchy, or tender to the touch.
- Weeks 2–4: You may feel small, firm lumps under the skin. This is a normal part of the fat-metabolizing process and will gradually smooth out.
- Final Results: Because the body removes the fat gradually, early changes show up around week 4, with the final contouring results fully visible at 8 to 12 weeks.

Thank you – call us on 0516165003 if there are any further concerns.