

BEAUTY BOOSTER

Post-Treatment Instructions

Tips for a speedy recovery and what you can expect post-treatment:

- Following treatment you may experience tiny bumps for 24 - 48 hours
- Some clients can experience bruising and blotchiness for up to 4 days.
- If needed, apply a cool compress to the treated area for 15 minutes every hour to help reduce redness. The easiest way to do this is by wrapping an ice cube in a face cloth and holding it to the area. Most redness and swelling should subside in a few days.
- Everyone's body reacts differently to the treatment, some clients don't experience any bruising. If you do develop bruises, you can take oral arnica or apply it topically to help speed up healing and reduce the appearance. The normal healing time for bruising is between 7 - 10 days.
- Avoid Advil or Aspirin as these may cause the bruising to worsen. If desired, you can cover it up with makeup the day after the bruising develops.
- Downtime is reduced after each subsequent treatment due to the dermis being repaired.
- Exercise can resume immediately.
- Post-care product recommendation: Comfort Zone Hydramemory Serum

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!