



## NEOFOUND AFTERCARE

- Do not wash or take a shower for 4 hours afterwards.
- Use Arnica cream to help bruising if necessary, you can buy this from a chemist.
- No aspirin, ibuprofen or vitamin E for 24 hours afterwards.
- No hot tubs, saunas or facial massage for 48 hours afterwards.
- No direct sunlight or sunbeds for 2 weeks.
- Walking 20-30 minutes a day during this treatment will aid effectiveness.
- No strenuous exercise for 48 hours afterwards.
- No alcohol for 48 hours.
- Drink LOTS of water.