



PROFHILO AFTERCARE

- Avoid make up for 24 hours
- Avoid saunas or steamy baths/showers for 24 hours
- No face treatments for 48 hours afterwards
- Avoid exercise for 24 hours or anything strenuous
- Remain in an upright position for a few hours afterwards
- Avoid alcohol for 24 hours
- Drink lots of water and try to go for gentle walks often through out the treatment, this is known to improve results.

Small bumps at the injection site are normal, they usually subside within a few hours but can take up to 24 hours to disappear completely.