

Accent Prime Aftercare Instructions

ACCENT PRIME AFTERCARE INSTRUCTIONS

Thank you for choosing Accent Prime to enhance your skin's tone, texture, and overall appearance. Accent Prime is a non-invasive treatment that combines radiofrequency and ultrasound technology to tighten skin, reduce fat, and improve body contours. Proper aftercare is essential to support your body's healing process, optimise your results, and minimise complications. Please follow these instructions carefully for the best possible recovery and outcome.

Immediately After Treatment: Mild Redness and Warmth: It is normal to experience mild redness and a sensation of warmth in the treated area immediately after Accent Prime treatment. This should subside within a few hours to a day. **Mild Discomfort or Sensitivity:** Some mild discomfort, tightness, or sensitivity in the treated areas is common. This should resolve within a few hours to a few days. **Cold Compress (if necessary):** If you experience discomfort or swelling, apply a cold compress wrapped in a clean cloth to the treated area for 10-15 minutes every few hours during the first 24-48 hours to reduce swelling and soothe discomfort. **Avoid Touching or Massaging the Treated Area:** Do not touch, rub, or massage the treated areas for at least 24-48 hours to avoid irritation or disturbing the treatment.

For the First Week: Gentle Skin Care: Cleanse the treated area gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or harsh products for at least 7 days to allow the skin to heal properly. **Moisturise Regularly:** Apply a gentle, fragrance-free moisturiser to keep the treated area hydrated. This will help reduce dryness and tightness, which is common after Accent Prime treatments. **Avoid Sun Exposure:** Your skin will be more sensitive to the sun after treatment. Avoid direct sun exposure for at least 1-2 weeks. Always wear a broad-spectrum sunscreen with SPF 30 or higher when outdoors to protect your skin from UV damage and prevent pigmentation changes. **Avoid Excessive Heat:** Avoid hot showers, saunas, or hot tubs for at least 48 hours to prevent irritation and promote proper healing. **Avoid Intense Physical Activity:** Avoid strenuous physical activity, heavy lifting, or activities that increase your heart rate and blood flow to the treated areas for at least 1 week after treatment.

For the First Month: Continue Gentle Cleansing and Hydration: Continue to cleanse your skin with a mild, non-alcoholic cleanser and keep the treated area moisturised to support the healing process and maintain the results. **Continue Sun Protection:** Always apply sunscreen with SPF 30 or higher to the treated areas. UV exposure can affect the results of the treatment and cause pigmentation changes. **Avoid Harsh Products:** For at least 4 weeks after treatment, avoid using products containing alcohol, retinol, or exfoliating agents such as AHAs or BHAs to prevent irritation and support the healing process. **Gradual Return to Physical Activity:** After the first 48 hours, you can gradually return to light exercise. Avoid intense physical activity or anything that causes excessive strain on the treated areas for at least 1 week.

Common Side Effects: Redness and Swelling: Redness and swelling in the treated areas are common after Accent Prime and should subside within a few hours to a day. Cold compresses can help reduce these symptoms. **Temporary Sensitivity or Tightness:** Mild sensitivity or a sensation of tightness in the treated areas may occur. This is normal and should resolve within a few days. **Mild Bruising:** Mild bruising can occur, especially if the treatment was performed on areas with larger fat deposits. This should resolve within 1-2 weeks. **Temporary Lumps or Bumps:** Some temporary lumps or bumps may appear in the treated area as the skin adjusts to the treatment. These should smooth out after a few days.

When to Contact Us: Please contact your provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that does not improve after the first few days. Unusual discharge, pus, or bleeding from the treated area. Any signs of an allergic reaction, such as itching, hives, or difficulty breathing. Any other symptoms that seem out of the ordinary or concerning.

Long-Term Care: Continue Healthy Skin Care Practices: Maintain a gentle skincare routine, including cleansing, moisturising, and sun protection. Avoid harsh treatments or exfoliating products that could disrupt the healing process. **Healthy Lifestyle Habits:** A balanced diet, staying hydrated, and regular exercise will support the results of your Accent Prime treatment and improve overall skin health. **Monitor Results:** Full results from Accent Prime may take several weeks to become fully visible, as the treatment stimulates collagen production and skin tightening. Be patient and follow up with your provider for any necessary touch-ups or assessments.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.