

# Aftercare Instructions for Derma Eyes Treatment

## AFTERCARE INSTRUCTIONS FOR DERMA EYES TREATMENT

- 1. Cold Compress** Use a cold compress to minimise swelling and discomfort. Apply for 15 minutes every hour for the first 24-48 hours after the treatment.
- 2. Elevation** Keep your head elevated, even while sleeping, to minimise swelling. Use an extra pillow for support.
- 3. Antibiotic Ointment** If prescribed, use an antibiotic ointment as directed to avoid infection.
- 4. Avoid Rubbing or Touching** Avoid rubbing, touching, or applying pressure to the treated area to prevent infection and dislocation of the filler material, if applicable.
- 5. Sunglasses and Sunscreen** Wear sunglasses to protect the eye area from sunlight and wind. Also, apply sunscreen to protect the skin, but avoid direct application to the treated areas for the first few days.
- 6. Avoid Strenuous Activity** Refrain from vigorous exercise and activities that may increase blood flow to the eyes for at least 24-48 hours.
- 7. Stay Hydrated** Drink plenty of water to help flush out any toxins and to keep your skin hydrated.
- 8. Follow a Gentle Skincare Routine** Use a gentle cleanser and avoid harsh skin care products for the first week. Consult your dermatologist about when you can resume your regular skincare routine.
- 9. Limit Exposure to Extreme Temperatures** Avoid saunas, steam rooms, and extreme cold for at least a week after the treatment.
- 10. Follow-up Appointments** Make sure to attend any scheduled follow-up appointments with your healthcare provider for assessment and any further treatments if necessary.
- 11. Report Any Issues** Contact your healthcare provider immediately if you experience severe pain, vision changes, or signs of an infection such as increased redness, warmth, and pus.
- 12. Avoid Alcohol and Blood Thinners** Refrain from consuming alcohol and taking medications that thin the blood for at least 24-48 hours before and after the treatment, unless otherwise directed by your healthcare provider.

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

## 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