

Apriline Treatment Aftercare Instructions

APRILINE TREATMENT AFTERCARE INSTRUCTIONS

Thank you for choosing an Apriline treatment. Apriline products are designed to restore volume, improve hydration, and enhance the skin's overall appearance. Please follow the aftercare advice below to ensure the best results and reduce the risk of unwanted side effects.

IMMEDIATELY AFTER TREATMENT

Normal Reactions

Mild redness, swelling, tenderness, or small bumps at the injection sites are normal and should resolve within 24–48 hours.

Cold Compress

If needed, apply a cold compress wrapped in a clean cloth for 10–15 minutes at a time to reduce swelling and discomfort.

Avoid Touching or Rubbing

Do not touch, press, or massage the treated area unless advised by your practitioner.

FOR THE FIRST 24–48 HOURS

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- Avoid strenuous exercise and heavy lifting.
- Avoid alcohol and caffeine to help reduce bruising risk.
- Avoid extreme heat or cold (hot baths, saunas, steam rooms, cold plunges).
- Avoid wearing makeup on treated areas for at least 24 hours.

FOR THE FIRST WEEK

Gentle Skin Care

Cleanse using a mild, fragrance-free product.

Avoid scrubs, chemical exfoliants (AHA/BHA), and retinol until your skin has healed.

Hydration & Sun Protection

Keep your skin moisturised with a gentle cream.

Use SPF 30+ daily to protect against UV damage and pigmentation changes.

COMMON TEMPORARY EFFECTS

Common Temporary Effects

- Mild redness, swelling, or tenderness.
- Bruising at the injection sites.
- Slight firmness or small lumps that usually settle within a few days.

WHEN TO CONTACT US

Contact your practitioner immediately if you notice:

When to Contact Us

- Severe or increasing pain/swelling after 48 hours.
- Skin colour changes (white, pale, or dark patches).
- Signs of infection (heat, pus, spreading redness, or fever).
- Any unusual or worrying symptoms.

LONG-TERM CARE

Long-Term Care

- Keep your skin hydrated and follow a gentle skincare routine.
- Wear SPF 30+ daily to help maintain your results.
- Follow your practitioner's recommendations for maintenance or top-up treatments.

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.