

NuEra Tight Treatment Aftercare Instructions

NUERA TIGHT TREATMENT AFTERCARE INSTRUCTIONS

Thank you for choosing the NuEra Tight treatment. This non-invasive radiofrequency therapy is designed to tighten skin, reduce the appearance of cellulite, and improve body contour by stimulating collagen production. Following these aftercare instructions will help you achieve the best results and ensure a smooth recovery.

IMMEDIATELY AFTER TREATMENT

Mild Warmth and Redness: It is normal to experience slight warmth, redness, or mild swelling in the treated area. This usually subsides within a few hours.

Tenderness: Some mild sensitivity may occur, especially in areas where the skin is thinner. This should settle within 24 hours.

FOR THE FIRST 24-48 HOURS

Hydration: Drink plenty of water to help flush toxins from the body and support the skin's natural repair process.

Gentle Skin Care: Cleanse the treated area gently with a mild, fragrance-free cleanser. Avoid scrubbing or exfoliating for at least 48 hours.

Avoid Excessive Heat: Do not use saunas, steam rooms, hot tubs, or take very hot showers for 24-48 hours, as this may irritate the skin.

Avoid Heavy Exercise: Refrain from intense physical activity for the first 24 hours to allow the skin to settle. Light walking is encouraged.

FOR THE FIRST WEEK

Moisturise Regularly: Apply a gentle, fragrance-free moisturiser twice daily to keep skin hydrated and comfortable.

Sun Protection: Avoid direct sun exposure to the treated area for at least 1 week. Apply a broad-spectrum SPF 30 or higher if you are outdoors.

Healthy Lifestyle Support: Maintain a balanced diet and regular exercise routine to enhance and prolong treatment results.

COMMON SIDE EFFECTS

Common side effects include:

- ☐ Temporary redness, swelling, or warmth
- ☐ Mild tenderness to touch
- ☐ Slight skin sensitivity

These usually resolve quickly and are a normal part of the healing process.

WHEN TO CONTACT US

Contact your provider if you notice:

- ☐ Severe pain or discomfort
- ☐ Unusual swelling or bruising
- ☐ Blistering or open wounds
- ☐ Any signs of infection (redness, heat, pus)

LONG-TERM CARE

Continue good hydration and a healthy lifestyle to support results.

Follow your provider's recommended treatment plan for optimal outcomes.

Maintain regular skin care, including cleansing, moisturising, and sun protection.

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 ACKNOWLEDGMENT

☐ 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.