

Rejeunesse Aftercare Guidelines

REJEUNESSE AFTERCARE GUIDELINES

Thank you for choosing Rejeunesse for your aesthetic enhancement. Rejeunesse is a non-animal, cross-linked hyaluronic acid (HA) dermal filler designed to restore volume, smooth wrinkles, and enhance facial contours. To ensure optimal results and minimize potential side effects, please adhere to the following aftercare guidelines.

IMMEDIATELY AFTER TREATMENT:

Redness and Swelling: Mild redness and swelling at the injection sites are common and should subside within a few hours to a day. **Discomfort or Tenderness:** Some tenderness or a feeling of tightness in the treated areas may occur. This is temporary and should resolve within a few days. **Cold Compress Application:** 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 alleviate symptoms.

FOR THE FIRST WEEK:

Gentle Skin Care: Cleanse the treated areas with a mild, non-alcoholic cleanser. Avoid using exfoliants, scrubs, or any harsh products for at least 7 days to allow the skin to heal properly. **Avoid Makeup Application:** Refrain from applying makeup to the treated areas for at least 12 hours to prevent irritation and allow the skin to breathe. **Sun Protection:** Your skin will be more sensitive after the treatment. Avoid direct sun exposure for at least 1-2 weeks. Always apply a broad-spectrum sunscreen with SPF 30 or higher when outdoors to protect your skin from UV damage and prevent pigmentation changes. **Avoid Heat Exposure:** Avoid hot showers, saunas, or hot tubs for at least 48 hours to prevent irritation and support proper healing. **Hydration:** Drink plenty of water to stay hydrated, as this supports the skin's natural healing process and enhances the effects of the treatment. **Avoid Alcohol and Vigorous Exercise:** Refrain from consuming alcohol and engaging in vigorous exercise for at least 48 hours post-treatment to reduce the risk of swelling and bruising.

FOR THE FIRST MONTH:

Continue Gentle Skin Care: Maintain a gentle skincare routine, using products that are free from alcohol and fragrances to avoid irritation. **Monitor Skin Condition:** Observe the treated areas for any unusual changes such as increased redness, swelling, or discomfort. If any concerning symptoms arise, contact your healthcare provider. **Avoid Strenuous Activities:** Refrain from engaging in vigorous physical activities or exercises that may cause excessive sweating or strain on the treated areas for at least 1 week. **Follow-Up Appointments:** Attend any scheduled follow-up appointments with your healthcare provider to assess the progress and discuss any further treatments if necessary.

COMMON SIDE EFFECTS:

Redness and Swelling: Mild redness and swelling at the injection sites are common and should subside within a few hours to a day. Cold compresses can help reduce these symptoms. **Bruising:** Mild bruising at the injection sites is common and should resolve within 1-2 weeks. **Tenderness or Tightness:** A sensation of tightness or tenderness in the treated areas may be experienced. This is normal and should diminish within a few days. **Lumps or Bumps:** Temporary lumps or bumps may form in the treated areas. These should smooth out within a few days to a week.

WHEN TO CONTACT YOUR PROVIDER:

Please contact your healthcare provider immediately if you experience: **Severe Pain or Discomfort:** Intense pain or discomfort that does not improve with over-the-counter pain relief methods. **Signs of Infection:** Increased redness, warmth, or pus at the injection sites. **Allergic Reactions:** Symptoms such as itching, hives, or difficulty breathing. **Persistent Side Effects:** Any side effects that persist longer than expected or worsen over time.

LONG-TERM CARE:

Maintain Healthy Lifestyle Habits: A balanced diet, regular physical activity, and adequate sleep contribute to overall skin health and can enhance the results of your treatment. **Avoid Smoking and Excessive Alcohol Consumption:** Smoking and excessive alcohol intake can negatively affect skin health and may diminish the benefits of the treatment. **Regular Skin Assessments:** Monitor the treated areas for any changes and consult your healthcare provider if you notice any concerns.

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.