

TempSure Envi Aftercare Instructions

TEMPSURE ENVI AFTERCARE INSTRUCTIONS

Thank you for choosing TempSure Envi, a non-invasive radiofrequency treatment designed to tighten skin, reduce fine lines, and improve overall skin tone and texture. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

Immediately After Treatment - Normal Reactions: Mild redness, warmth, or tingling in the treated area is normal and typically resolves within a few hours. Slight swelling or tenderness may occur but usually subsides quickly.

Skin Care: Avoid rubbing, scratching, or applying pressure to the treated area. Keep the skin clean and moisturised with a gentle, fragrance-free moisturiser.

First 24–48 Hours - Comfort Measures: Apply a cool compress if needed to relieve mild warmth or discomfort. Avoid makeup, harsh cleansers, or exfoliating products immediately after treatment. **Activity:** Avoid strenuous exercise, hot showers, saunas, or steam rooms for the first day. Stay hydrated to support skin health and healing.

First Week - Observation: Mild redness or swelling may persist for 1–2 days. Temporary tightness or tingling may occur as the skin adjusts to treatment. **Lifestyle & Care:** Continue gentle cleansing and moisturising. Avoid direct sun exposure and always use a broad-spectrum SPF 30 or higher. Avoid chemical peels, retinol, or harsh skincare products until cleared by your provider.

First Month - Results: Gradual improvements in skin firmness, texture, and tone may appear over several weeks. Multiple sessions may be recommended depending on your treatment plan. **Continued Care:** Maintain gentle skincare and sun protection routines. Avoid trauma or aggressive treatments on the treated area until cleared by your provider. Attend follow-up appointments for monitoring and additional sessions if required.

When to Contact Us - Contact your provider immediately if you experience: Severe or persistent redness, swelling, or pain. Signs of infection such as pus, warmth, or fever. Unusual or concerning skin reactions.

Long-Term Care: Continue gentle cleansing, moisturising, and sun protection. Maintain a healthy lifestyle, including hydration and balanced nutrition, to support skin health. Attend follow-up appointments for assessment and touch-ups if required.

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.