

THERMAGE AFTERCARE

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The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for Thermage treatment.

Aftercare Instructions

- ☐ Your skin may appear slightly red and swollen after treatment, these effects usually resolve within a few hours but may last up to 5 days. You may also experience some mild tenderness, numbness or tingling in the treatment area, these effects should resolve within 7 days. Contact your practitioner if you are concerned about the healing process.
- ☐ You may experience some bruising which may last 1-2 weeks. You can use arnica cream on the bruised area to help with resolution.
- ☐ Rarely you may experience some skin pigmentation changes, these usually resolve within 6 months. Contact your practitioner if you are concerned at any stage.
- ☐ If you experience any discomfort after treatment, you can take a simple over the counter pain killer such as paracetamol.
- ☐ It is safe to apply makeup after treatment.
- ☐ Avoid extreme temperatures of hot or cold for 48 hours, including hot baths, saunas or steam rooms.
- ☐ Avoid any strenuous exercise for 48 hours after treatment.
- ☐ Avoid any skin retinols, AHA's or glycolic/ salicylic acid for 7 days as these can irritate the skin.
- ☐ Contact your practitioner as soon as possible if you notice any unwanted side effects.
- ☐ A cold compress may help with swelling as well as sleeping propped up on 3 pillows overnight to help fluid drainage.
- ☐ Uncommonly you may experience some lumps or nodules afterwards in the treated area, these should resolve within 2 weeks in most cases.
- ☐ After Thermage treatment you may continue your normal daily activities.
- ☐ Drink plenty of water to keep hydrated after treatment.
- ☐ Avoid excess caffeine and alcohol for 48 hours after treatment.
- ☐ Avoid any excess sun exposure or sunbeds for 2 weeks after treatment, for the next 2 weeks use an SPF sunscreen 30 or greater.
- ☐ Avoid any cosmetic procedures such as Botox, dermal filler or hair removal until your practitioner says it is safe to have this done. This would usually be 1-2 weeks after.
- ☐ Use a regular moisturising cream on the treated area.
- ☐ Your practitioner will inform you when your next treatment is due. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do 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