

## **JOWL LIFT- AFTERCARE**

- Avoid heat, steam, sauna and exercise for 24 hours.
- Be gentle with your skin after the treatment.
- Use mild cleansing products.
- Avoid rubbing or applying pressure to the skin during the first 24 hours of the treatment.
- Avoid any mechanical or physical exfoliation for 24 hours (including retinol and AHAs/BHAs).
- Avoid direct sun exposure for a minimum of 48 hours before and after treatment.
- Apply SPF daily.

If you have any problems or queries, please call us on 01707 662 477.