

## POLYNUCLEOTIDE AFTERCARE

Ensuring the best results from your Polynucleotide treatment involves a dedicated aftercare routine.

**Soothe and Protect Your Skin Immediately After Treatment:** It's common to experience mild swelling or a bit of redness in the treated areas. Gently apply a cold compress to alleviate these symptoms but be careful not to exert too much pressure on the skin. Avoid touching or massaging the treated areas to prevent any disturbance to the newly injected polynucleotides.

**Carefully Plan Your Activities and Skincare:** In the first 24 to 48 hours following your treatment, it's advisable to avoid strenuous exercise and exposure to high temperatures, like saunas or hot baths. Protect your skin from direct sunlight. Using a broad-spectrum sunscreen is essential to safeguard the treated areas from UV damage.

**Maintain Hydration and Follow a Nutritious Diet:** Keeping your body well-hydrated is crucial. Drink plenty of water to support the skin's hydration levels. Incorporate a diet rich in vitamins and antioxidants to aid in the skin's healing and rejuvenation process.

**Long-Term Skin Care and Maintenance:** After the initial recovery period, continue to care for your skin with a gentle and nourishing skincare routine. Regular moisturising and protection against environmental factors will help maintain the results of your treatment.

Understanding potential side effects and safety considerations is crucial when opting for Polynucleotide treatments. While these treatments are generally safe and well-tolerated, as with any medical procedure, there are certain risks and side effects that clients should be aware of:

- **Injection Site Reactions:** Common side effects include redness, swelling, bruising, and tenderness at the injection sites. These are typically mild and resolve within a few days after the treatment.
- **Allergic Reactions:** Allergic reactions to components in the polynucleotide formula, though rare, can occur.
- **Infection Risk:** There is a small risk of infection associated with any injection-based treatment.
- **Temporary Discomfort:** Some clients may experience temporary discomfort or itching at the injection sites, which usually subsides quickly.
- **Rare Complications:** On very rare occasions, more serious complications like granuloma formation or vascular complications can occur.

The timeline for visible results from Polynucleotide treatments can vary, depending on individual skin types and the specific concerns being addressed. Generally, clients begin to notice improvements within a few weeks after the initial treatment. The full effects, however, typically become more apparent over the course of several months. This gradual progression is due to the nature of polynucleotides, which work by stimulating the body's natural processes of collagen and elastin production, as well as enhancing cellular regeneration.

If you have any concerns following treatment, do not hesitate to contact us on 07907 005255. If this is outside of normal hours, please leave a message and we will normally get straight back to you.