The Danebury Practice

PROFHILO AFTERCARE GUIDELINES

Profhilo® is an injectable hyaluronic acid treatment designed to improve skin hydration, firmness and overall quality. Following your treatment, it is normal to experience some mild redness, swelling or small raised areas at the injection points. These usually settle naturally within a short period.

Immediately after treatment

For the first few hours:

- Avoid touching, rubbing or massaging the treated areas unnecessarily.
- Do not apply make-up immediately after treatment unless advised otherwise by your practitioner.
- Keep the skin clean and avoid applying potentially irritating skincare products.
- Small raised areas or bumps at the injection points are normal and generally flatten as the product disperses.
- Mild redness, tenderness or swelling around the injection sites can occur.

For the first 24 hours

Please avoid:

- Strenuous exercise or activities that cause significant sweating.
- Alcohol.
- Hot baths, saunas, steam rooms and very hot showers.
- Swimming.
- Facial massage or other treatments involving pressure to the treated areas.
- Excessive heat or prolonged sun exposure.

You may continue with your normal daily activities, but it is sensible to keep the skin cool and avoid anything that causes significant flushing.

Skincare

Use a **gentle cleanser and a simple, hydrating moisturiser**.

For approximately 24–48 hours, avoid products that may irritate the skin, including:

- Retinoids/retinol
- Exfoliating acids such as glycolic, lactic or salicylic acid
- Scrubs or exfoliating devices
- Strong active ingredients

- Products containing high concentrations of alcohol or fragrance

Your practitioner may recommend a specific skincare routine depending on your skin and treatment.

Sun protection

Protect your skin from unnecessary sun exposure following treatment.

Use a **broad-spectrum SPF 30–50** daily and avoid prolonged direct sunlight. Do not use sunbeds following treatment.

What is normal?

You may notice:

- Small bumps or raised areas at the injection sites
- Mild redness
- Mild swelling
- Tenderness or sensitivity
- Minor bruising

These effects are usually temporary and should gradually improve.

The small raised areas from the injections commonly settle within **24 hours**, although this can occasionally take a little longer.

Bruising, if it occurs, may take several days to resolve.

When will I see the results?

Profhilo® works progressively by improving skin hydration and stimulating the skin's natural collagen and elastin response.

Your skin may initially feel more hydrated and refreshed, with improvements in **skin texture, firmness and luminosity developing over the following weeks**.

Profhilo® is commonly performed as a course of treatments. Your practitioner will advise you on the most appropriate treatment interval and maintenance plan for your skin.

If you develop bruising

Bruising is a recognised possible side effect of injectable treatments.

You can:

- Allow the area to rest.
- Apply a cool compress gently if required.

- Avoid excessive heat and vigorous exercise for the first 24 hours.

Do not massage or vigorously rub the bruised area.

When should I contact the practice?

Please contact us if you have any concerns following your treatment, particularly if you develop:

- Increasing rather than improving pain or swelling
- Significant redness or warmth
- Blistering or marked skin discolouration
- Increasing tenderness
- Signs of infection
- Any unexpected or worsening symptoms

Seek urgent medical attention

Although serious complications are uncommon, injectable treatments can very rarely cause a vascular complication.

If you experience severe or unusual pain, significant or sudden skin colour changes, mottled/pale skin, or any visual disturbance following treatment, contact the practice immediately and seek urgent medical assessment.

If you experience a medical emergency, **call 999**.

If you have any questions or concerns following your treatment, please contact **The Danebury Practice**. We are always happy to advise you.

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