The Danebury Practice

NEAUVIA SKINBOOSTER AFTERCARE GUIDELINES

Thank you for choosing The Danebury Practice for your Neauvia® Hydro Deluxe treatment.

Neauvia® Hydro Deluxe is an injectable skin-quality treatment containing hyaluronic acid, designed to improve skin hydration, elasticity and overall skin quality. Following treatment, it is normal to experience some temporary redness, swelling, tenderness or small raised areas around the injection sites.

Please follow the aftercare advice below to allow your skin to settle comfortably.

Immediately after treatment

- Avoid touching, rubbing or pressing the treated areas unnecessarily.
- Keep the treated skin clean.
- Avoid applying make-up immediately after treatment unless advised otherwise by your practitioner.
- Small raised areas or bumps at the injection points are common and usually settle as the product disperses.
- Mild redness, swelling, tenderness or bruising can occur.

Please do not massage the treated area unless specifically instructed to do so by your practitioner.

For the first 24–48 hours

Please avoid:

- Strenuous exercise or activities that cause significant sweating.
- Saunas, steam rooms, hot tubs and excessive heat.
- Very hot baths or showers.
- Swimming.
- Alcohol, particularly during the first 24 hours.
- Facial massage or treatments involving pressure over the treated areas.
- Prolonged direct sun exposure.
- Sunbeds.

You may continue with your normal daily activities, but we recommend allowing your skin to settle and avoiding anything that causes significant flushing or irritation.

Skincare

Keep your skincare routine simple while your skin settles.

You may use:

- A gentle cleanser.
- A simple, hydrating moisturiser.
- A broad-spectrum SPF 30–50 during the day.

For approximately 24–48 hours, avoid potentially irritating products, including:

- Retinol/retinoids.
- Glycolic, lactic or salicylic acid.
- Physical scrubs or exfoliating devices.
- Strong active skincare products.
- Any product that causes stinging, burning or irritation.

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

What is normal after treatment?

You may notice:

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

These effects are generally temporary and should gradually improve over the following days.

Please avoid repeatedly pressing or checking the injection sites, as unnecessary manipulation can increase irritation and swelling.

If you develop bruising

Bruising is a recognised potential side effect of injectable treatments.

If required, you may apply a cool compress gently to the area. Do not place ice directly onto the skin and avoid vigorous rubbing or massage.

Bruising can take several days to resolve.

Sun protection

Protect your skin from excessive sun exposure following treatment.

Use a broad-spectrum **SPF 30–50 every day** and avoid prolonged direct sunlight and sunbeds while the skin is recovering.

When will I see the results?

Neauvia® Hydro Deluxe is designed to improve skin hydration and quality. Your skin may initially appear fresher and more hydrated, with improvements developing progressively as the skin responds to treatment.

Individual results vary and depend on your skin, treatment area and treatment plan.

Your practitioner will advise you if a course of treatments or further maintenance treatments are recommended.

When should I contact the practice?

Please contact The Danebury Practice if you have any concerns, particularly if you develop:

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

Although complications are uncommon, injectable treatments can very rarely result in a vascular complication.

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

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

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

The Danebury Practice
Private GP & Aesthetic Medicine
Andover, Hampshire