The Danebury Practice

POLYNUCLEOTIDES AFTERCARE GUIDELINES

Polynucleotides are injectable skin-rejuvenation treatments designed to support skin hydration, quality, elasticity and overall appearance. Following treatment, it is normal to experience some temporary redness, swelling, tenderness or small raised areas at the injection points.

Please follow the guidance below to help your skin settle comfortably.

Immediately after treatment

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

For the first 24 hours

Please avoid:

- Strenuous exercise or activities causing significant sweating.
- Alcohol.
- Saunas, steam rooms, hot tubs and very hot baths or showers.
- Swimming.
- Facial massage or treatments involving pressure or manipulation of the treated area.
- Excessive heat and prolonged direct sun exposure.

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

Skincare

For the first 24–48 hours, keep your skincare routine simple.

Use:

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

Avoid, unless specifically advised by your practitioner:

- Retinol/retinoids.
- AHAs/BHAs and other exfoliating acids.
- Physical scrubs.
- Exfoliating devices.
- Strong active skincare products.
- Products that cause stinging or irritation.

Please do not introduce new skincare products while the skin is settling.

What is normal after treatment?

You may experience:

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

These effects are generally temporary and should gradually improve.

Small raised areas commonly settle within 24–48 hours, although occasionally they can persist for a little longer. Bruising can take several days to resolve.

If you develop bruising

Bruising is a recognised potential side effect of injectable treatments.

You may use a cool compress gently if required. Avoid vigorous rubbing or massage of the area.

Exercise and returning to normal activities

Most patients can return to their usual activities relatively quickly. We recommend avoiding strenuous exercise for the first 24 hours and allowing any significant redness or swelling to settle before undertaking intensive activity.

Sun exposure

Avoid prolonged direct sunlight following treatment and do not use sunbeds while the skin is recovering.

Apply a broad-spectrum SPF 30–50 daily and reapply as appropriate when outdoors.

When should you contact us?

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.
- Blistering or marked 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.

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