



**The Nest Family Wellness Clinic**

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## Aesthetics Aftercare Instructions

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After your treatment you may find your skin is slightly tender and bruising may be present which should disappear within a week. Contact clinic if this persists.

Other considerations:

- ❖ Consider taking arnica 30CH orally 1-3 times per day or applying arnica gel to the affected areas
- ❖ If area is tender, use a cold compress or ice 1-3 times per day
- ❖ Drink at least 2 litres of water day of treatment
- ❖ Avoid of coffee, soda and high sugar drinks
- ❖ Avoid rough exfoliant for at least 48 hours after your treatment
- ❖ Apply a either coconut oil, grapeseed oil, or Sea buckthorn oil to the treatment area as a moisturizer
- ❖ Make-up the next day is usually tolerated, consider mineral based natural brands that do not clog pores
- ❖ Consider natural sunscreen for continued protection against fine lines & wrinkles 😊

**If you have any question or concerns, please contact our clinic.**

*Dr. Pamela Smith ND*

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