

Polynucleotides Aftercare Guide

Doctor-written advice for safe healing and the best Polynucleotides results.

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Thank you for choosing my [Wimbledon Aesthetic Clinic](#) for your [Polynucleotides treatment](#).

I'm [Dr Suresh Mohan](#) (MBBS MRCS MRCGP), and I provide [doctor-led aesthetic treatments](#) in my London clinic, with a focus on [subtle, natural-looking results and safe, personalised care](#). I've created this **Polynucleotides aftercare guide** to help you feel confident in the days after treatment — with clear steps and practical advice for the smoothest, most natural result.



Polynucleotides treatment - <https://drmohanclinic.co.uk/polynucleotides-wimbledon/>

A Quick Introduction to Polynucleotides

Polynucleotides are a **regenerative injectable treatment** designed to support the skin's own repair processes. They are often used to improve **hydration, elasticity, texture and overall skin quality**, especially in delicate areas such as the under-eyes.

Unlike treatments that create an instant “filled” effect, Polynucleotides work more gradually. Early settling happens over the first few days, but the visible skin-quality benefits usually build over the following weeks. **Good aftercare helps reduce irritation, protect the treated area, and support the best possible result.**

Polynucleotides Immediate Aftercare & Key Rules

Polynucleotides are generally a low-downtime treatment, and most patients return to normal activities quite quickly. The **aim of aftercare** is simple: **let the skin settle, reduce swelling and irritation, and protect the tiny injection points in the first day or two.**

Immediate Aftercare (0-6 Hours Post-Treatment)

- **Avoid touching the treated areas:** no rubbing, pressing, or massage.
- **Stay upright:** for the first few hours, avoid lying down or bending forward.
- **Makeup:** ideally avoid makeup on the treated area for **24 hours**.
- **Be gentle with skincare:** avoid scrubs, retinol, exfoliating acids and anything strongly fragranced or irritating.

Day 1 (First 24 Hours)

- **Exercise:** avoid strenuous activity for **24-48 hours**.
- **Alcohol:** avoid alcohol for **24 hours**, as it can increase swelling or bruising.
- **Heat:** avoid saunas/steam/hot yoga and very hot baths/showers for **24-48 hours**.

Sleep (First Night)

- Try to sleep **on your back** if possible, especially after under-eye treatment.
- Keeping your head slightly elevated may help reduce puffiness.

Medication & Supplements

- If medically safe for you to do so, it can help to avoid **aspirin, ibuprofen and blood-thinning supplements** (such as **fish oil, vitamin E, turmeric or ginkgo**) around the time of treatment, as these may increase bruising.

(If you take prescribed medication, please don't stop it without medical advice.)

Skincare (First Few Days)

- Keep skincare **simple, hydrating and low-irritation**.
- Use a gentle cleanser, bland moisturiser and SPF.
- Avoid retinoids, exfoliating acids and active skincare products for about **a week**.

Pressure & Other Treatments

- Avoid tight hats, helmets or goggles that press on the treated areas for **24-48 hours**.
- Avoid **peels, laser, microneedling and strong facials** on the same area for **about 2 weeks after treatment**.

Polynucleotides Aftercare Timeline: What to Expect

This timeline shows what to expect after Polynucleotides and how to help it settle well.

0–1 Hour After Treatment

What to do

- Stay upright
- Keep the area clean, makeup-free and untouched

What to avoid

- Touching, rubbing or pressing the treated area
- Applying makeup or heavy skincare straight away
- Lying face-down or putting pressure on the area
- Using anything harsh, active or fragranced

What's normal

- Mild redness
- Tiny bumps at the injection points
- Slight stinging or tenderness

First 24 Hours

What to do

- Cleanse gently with a mild cleanser and lukewarm water
- Use a cool compress in short intervals if needed
- Drink plenty of water
- Sleep on your back if possible

What to avoid

- Makeup on the treated area for 24 hours
- Hard exercise, gym sessions or hot yoga
- Saunas, steam rooms, alcohol and active skincare

What's normal

- Mild swelling
- Slight puffiness
- Small bumps becoming softer

If you notice mild redness or small bumps at the injection points, don't worry — this is common and usually settles over the first few days.

Days 2–3: The Puffiness Phase

What to do

- Keep skincare simple, gentle and hydrating
- Continue SPF every morning
- Stay well hydrated
- Sleep with your head slightly elevated if helpful

What to avoid

- Rubbing, pressing or massaging the area
- Vigorous exercise or anything that leaves you flushed and overheated
- Scrubs, retinoids, exfoliating acids or strong vitamin C
- Judging the result too early

What's normal

- Puffiness may peak, especially under the eyes
- Bruising may become more visible
- Skin can feel slightly tender or tight

Days 4–7: The Settling Phase

What to do

- Return to normal daily activities as you feel comfortable
- Keep using gentle skincare
- Continue daily SPF
- Let the treatment settle naturally

What to avoid

- Peels, laser, microneedling or strong facials on the same area
- Heavy exfoliation or aggressive cleansing
- Picking at the skin or trying to "fix" unevenness yourself

What's normal

- Redness and swelling improving
- Small bumps becoming less noticeable
- Skin starting to look calmer and more settled

After 1–2 Weeks

What to do

- Return gradually to your normal skincare if the skin feels calm
- Attend your follow-up if arranged
- Keep protecting the area with SPF
- Be patient and allow time for the treatment to work

What to avoid

- Expecting the final result too early
- Comparing your result day by day in a worrying way
- Booking more treatments before review if you are unsure

A quick note on results

Polynucleotides are **not an instant-result treatment**. Early settling happens in the first few days, but the regenerative benefits usually build over **the following weeks**. Many patients notice early improvements in hydration and skin quality first, with fuller benefits becoming more noticeable after a course of treatments.

What's Normal & When to Seek Advice

Most patients feel well after Polynucleotides and return to normal activities quickly. In the first few days, it is common to notice some short-term settling effects around the injection points.

What's Normal After Polynucleotides

Normal and expected effects may include:

- Mild redness at the injection sites
- Small bumps or papules
- Slight tenderness or a bruised feeling
- Mild swelling or puffiness
- Light bruising
- Under-eye puffiness, if that area has been treated

These effects are usually temporary and tend to improve steadily over the first few days. Under the eyes, swelling can sometimes last a little longer because the skin is thinner and more delicate there.

When to Seek Advice

If you've had Polynucleotides with me and you are unsure about anything — healing, timing, swelling or how things are settling — you're very welcome to contact me. If you received treatment elsewhere, **please contact your own practitioner or clinic, as they are best placed to advise based on your treatment plan and the exact areas treated.**

Please seek advice if symptoms worsen rather than improve, or if you experience:

- Redness that is worsening rather than fading
- Increasing heat in the treated area
- Severe or unusual pain
- Swelling that is spreading or becoming more pronounced
- Pus, oozing, or signs of infection
- Unusual colour changes in the skin
- Any visual symptoms if the area around the eyes has been treated

Serious complications are uncommon, but it is always better to ask early if you are unsure.

For broader patient safety advice, the NHS also provides useful guidance on cosmetic procedures: <https://www.nhs.uk/tests-and-treatments/cosmetic-procedures/advice/>

Area-Specific Polynucleotides Aftercare

Polynucleotides can be used in several areas, and the aftercare is broadly similar across them all: **keep the skin clean, avoid pressure, and give the area time to settle.** Some areas, however, are more delicate than others.

Under-Eye Polynucleotides Aftercare

What to do

- Sleep on your back if possible, with your head slightly elevated
- Keep the area cool and clean
- Be very gentle when cleansing or applying skincare nearby
- Use SPF daily

What to avoid

- Rubbing or pressing around the eyes
- Eye creams with retinol, acids or strong fragrance for about a week
- Hard exercise, heat and anything that increases puffiness in the first 24–48 hours
- Judging the result too early

Face Polynucleotides Aftercare

What to do

- Cleanse gently with a mild cleanser
- Keep skincare simple and hydrating
- Drink plenty of water
- Use SPF 30–50 every day

What to avoid

- Makeup for 24 hours on the treated area
- Retinol, acids, scrubs and other active skincare for about a week
- Touching, rubbing or massaging the skin
- Heat, saunas, steam rooms and hard exercise in the first 24–48 hours

Neck / Hands

The same principles apply: keep the area clean, avoid irritating products, use SPF daily, and avoid friction, scrubbing and stronger treatments until the skin is calm again.

Everyday Questions (Quick Answers)

Here are the answers to some of the most common questions patients ask after Polynucleotides treatment.

1) What is the aftercare for Polynucleotides?

Keep the area clean, avoid touching or rubbing it, and give the skin time to settle. For the **first 24–48 hours**, avoid makeup, hard exercise, alcohol, saunas and excessive heat.

2) How soon after Polynucleotides can I wash my face?

You can usually wash your face after the first few hours, using lukewarm water and a gentle cleanser. Pat the skin dry rather than rubbing it, and avoid anything harsh or exfoliating.

3) What can I put on my face after Polynucleotides?

A gentle cleanser, a plain hydrating moisturiser and SPF are usually all you need at first. Avoid strong actives while the skin is still sensitive.

4) How long do Polynucleotides take to settle?

Most visible after-effects such as redness, bumps and mild swelling settle within a few days. The regenerative skin benefits build more gradually over the following weeks.

5) Can I sleep on my side after Polynucleotides?

If possible, it is better to sleep on your back on the first night, especially after under-eye treatment. After that, normal sleeping positions are usually fine.

6) Can I exercise after Polynucleotides?

Avoid hard exercise for 24–48 hours. Gentle walking is usually fine, but save gym sessions, running and hot yoga until the skin has had time to settle.

7) Can I drink alcohol after Polynucleotides?

It is sensible to avoid alcohol for the first 24 hours, as it can contribute to dehydration and make swelling or bruising a little more noticeable.

8) Can I wear makeup after Polynucleotides?

It is generally best to avoid makeup on the treated area for 24 hours, to give the skin time to settle.

9) How long do lumps or bumps last after Polynucleotides?

Small bumps or papules at the injection points are very common and usually improve over the first few days. In delicate areas, they can sometimes remain noticeable for a little longer.

10) Can I use a cool compress after Polynucleotides?

A cool compress can help if you feel swollen or puffy, especially in the first 24 hours. Avoid placing ice directly on the skin.

11) When can I use retinol or acids again?

It is usually best to avoid retinol, exfoliating acids and other active skincare for about a week, or until the skin feels fully calm again.

12) How long after Polynucleotides can I have microneedling or laser?

It is usually sensible to wait around 2 weeks before having microneedling, laser, peels or other more aggressive skin treatments on the same area.

Quick reminder:

Polynucleotides work gradually. Most short-term side effects are mild, and the visible benefits usually build over the following weeks.

More detailed reading

If you'd like deeper detail, I've written other patient-friendly guides:

- **What Are Polynucleotides? Benefits, Results, Downtime & Cost**
<https://drmohanclinic.co.uk/polynucleotides-revolutionary-skin-rejuvenation-treatment/>
- **Botox, Profhilo, Fillers & Polynucleotides: Find Your Best Fit**
<https://drmohanclinic.co.uk/botox-profihilo-fillers-polynucleotides-find-your-best-fit/>

Getting the Best Result from Polynucleotides

Polynucleotides are designed to support the skin's own repair processes, which is why results usually look fresh, subtle and natural rather than instantly dramatic.

When results start to show

Polynucleotides work gradually, and results build over time.

- **Week 1–2:** settling, early calmness and hydration
- **Weeks 3–6:** early visible improvements in texture and skin quality
- **Around 6–12 weeks:** regenerative benefits becoming more noticeable
- **After a full course:** results often become more consistent and satisfying

This is one of the reasons Polynucleotides appeal to patients who want improvement that looks natural rather than obvious. Early changes can be quite subtle, especially after a first treatment, so it helps to think in terms of steady progress rather than instant transformation. In most cases, the skin continues to improve as the regenerative effects build over the following weeks.

Why Polynucleotides often work best with a plan

Many patients get the best results when Polynucleotides are approached as part of a treatment plan rather than a one-off appointment.

If you have treatment with me, I'll advise you on the most suitable approach based on:

- the area being treated
- your skin quality and goals
- whether you are treating under-eyes, face, neck or hands
- whether Polynucleotides should be combined with other treatments over time

Simple ways to support your results

After the first day, the basics make the difference:

- keep skincare gentle
- use SPF daily
- stay well hydrated
- prioritise sleep where possible
- avoid unnecessary irritation

If you have questions:

Every patient — and every treatment plan — is slightly different, so if you are unsure about anything, including your results, timing, or how things are settling, please contact your practitioner for advice. If you had treatment with me, you are very welcome to get in touch directly.

I hope this guide has helped you understand [Polynucleotides aftercare](#) and what to expect in the days and weeks after treatment. I've also written a fuller, step-by-step Polynucleotides aftercare guide and answers to common questions on my website:

Polynucleotides Aftercare:

<https://drmohanclinic.co.uk/complete-guide-to-polynucleotides-aftercare/>

Where to get Polynucleotides in London

If you're looking for [Polynucleotides treatment in London](#), I offer doctor-led injectable treatments at my [Wimbledon aesthetic clinic](#), with a focus on natural-looking results and personalised care. I regularly welcome patients from across South West London, including **Raynes Park, Kingston, Earlsfield, Putney, Clapham, Richmond** and **Surbiton**.

Polynucleotides in Wimbledon: <https://drmohancosmetic.co.uk/polynucleotides-wimbledon/>

Contact Dr. Mohan Cosmetic Clinic

Email: info@drmohancosmetic.co.uk Phone: **07702389636**



The Garden Room, 51 Spencer Road, London SW20 0QN

Claim Your Free Consultation

At my Wimbledon clinic, I'm committed to helping you achieve natural-looking results with safe, personalised care. If you'd like tailored advice — whether you're considering Polynucleotides or simply want to talk through your skin goals — you're very welcome to book a **complimentary consultation** with me.

To arrange your free consultation, or if you have any questions, you can contact me here:

- Phone: **07702 389 636**
- Email: **info@drmohanclinic.co.uk**

Dr. Suresh Mohan Clinic

I qualified as a doctor in 2000 and initially worked in surgery before retraining as a GP. I'm GMC registered (No. 4735795) and practise to strict medical standards of ethics, confidentiality and safety.

In aesthetics, my focus is always on **subtle, natural-looking results** — enhancing your features without an “overdone” look. I've completed advanced injectable training, including **Level 7 qualification**, and I'm fully insured.



Dr. Suresh Mohan
MBBS MRCS MRCGP

