

Profhilo Aftercare Guide

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

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Thank you for choosing my [Wimbledon Cosmetic Skin Clinic](#) for your [Profhilo 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 **Profhilo aftercare guide** to help you feel confident in the days after treatment — with clear steps, reassurance, and **practical advice for the best results**.



Profhilo treatment - <https://drmohanclinic.co.uk/profhilo-treatment-london/>

A Quick Introduction to Profhilo

Profhilo is an injectable skin remodelling treatment designed to improve hydration, texture and firmness. Rather than adding volume, it supports overall skin quality and helps the skin look fresher and more radiant as it settles over the following weeks.

A careful injection technique helps Profhilo perform at its best — and **good aftercare helps protect and support your results**. This guide explains what to do in the first hours and days after treatment, what's normal, and when to contact me if you have any questions.

Profhilo Immediate Aftercare & Key Rules

Profhilo is a low-downtime treatment and most patients return to normal activities immediately. **The aim of aftercare is simple: keep the treated areas clean, minimise irritation, and reduce the chance of bruising or swelling** while the product settles.

Immediate Aftercare (0-6 Hours Post-Treatment)

- **Avoid touching the treated areas:** for the first **6 hours**, keep hands off to reduce irritation and infection risk.
- **Makeup:** avoid applying makeup for at least **12 hours**.
- **Treatment bumps:** small bumps can appear at injection points — **do not rub or massage**. They usually settle within a few hours.

Day 1 Post-Treatment (First 24 Hours)

- **Exercise:** avoid strenuous activity for **24 hours** to reduce the risk of bruising and swelling.
- **Alcohol:** avoid alcohol for **24 hours**, as it can increase bruising and flushing.
- **Heat & temperature extremes:** avoid very hot showers/baths, saunas/steam rooms, prolonged sun exposure, and extreme hot or cold environments for **48 hours**.

Medication & Supplements (2 Days Before/After Treatment)

- If medically safe for you to do so, avoid **ibuprofen and aspirin**, and supplements that may increase bruising (such as **St John's Wort, cod liver oil, and vitamins A, B or E**) for **48 hours either side** of treatment.

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

Skincare Products (3 Days Either Side of Treatment)

- Avoid retinoid-based products (for example **retinol, tretinoin**, and strong "active" treatments) for **3 days before and 3 days after** your Profhilo session.

Pressure and Skin Treatments

- **Avoid pressure on the treated areas:** for **5 days**, avoid compressive wear such as tight masks, helmets or goggles that press firmly against the skin.
- **Skin and facial treatments:** postpone treatments such as chemical peels, dermabrasion, laser, or firm facial massage for around **2 weeks**.
- **Advanced facials** (radiofrequency, Hydrafacial, microdermabrasion, CACI, microneedling, dermaplaning): ideally wait **2 weeks**.

Profhilo Aftercare Timeline: What to Expect

This timeline explains what most patients can expect after Profhilo, and the simple steps that help your skin settle comfortably and predictably. Everyone's skin is slightly different, but the guidance below covers the most common experiences in the first two weeks.

0–6 Hours (Immediately After Treatment)

What to do

- Keep the treated areas clean and hands off
- If you need to cleanse, wait until after 6 hours and be gentle

What to avoid

- Touching, rubbing, pressing or massaging the treated areas
- Makeup
- Heavy sweating / intense activity
- Heat exposure (sauna/steam/hot yoga)

What's normal

- Small bumps at injection points
- Mild redness or tenderness

6–12 Hours After Treatment

What to do

- Continue gentle care and avoid unnecessary touching
- Keep skincare simple (no "active" products)

What to avoid

- Makeup (ideally wait 12 hours)
- Retinoids / acids / strong actives

What's normal

- Slight swelling or mild tightness
- Occasional small bruises becoming more visible

If you notice small bumps at the injection points, don't worry — this is common and usually settles within 24–48 hours.

First 24 Hours

What to do

- Stay hydrated
- Use lukewarm water if showering or washing your face
- Sleep face-up if possible (especially the first night)

What to avoid

- **Strenuous exercise**
- **Alcohol**
- Very hot showers/baths
- Facial massage or pressure on the treated areas

What's normal

- Light bruising
- Tenderness when touching the area
- Small bumps gradually settling

24–48 Hours After Treatment

What to do

- Continue gentle skincare
- Use SPF if outdoors

What to avoid

- Saunas, steam rooms, hot yoga, sunbeds
- Strong heat exposure or prolonged sun
- Scrubs, exfoliating tools, and aggressive cleansing

What's normal

- Any remaining bumps continuing to settle
- Mild swelling improving
- Bruising gradually changing colour (before fading)

Over the next 24–48 hours, the focus is simply on calm settling — minimising bruising and swelling and avoiding anything that heats the skin or increases circulation. Gentle skincare and a little patience go a long way.

Days 3–7

What to do

- Resume normal routine gradually
- Keep skincare gentle; focus on hydration and SPF
- If you bruise easily, allow a few extra days for marks to fade

What to avoid

- Retinoids/strong actives until day 3 has passed (preferably longer if your skin is sensitive)
- Strong facial massage or deep pressure

What's normal

- Most visible marks are improving
- Early skin “glow” may begin to appear
- Skin may feel slightly more hydrated or smoother

Days 7–14

What to do

- Return fully to your normal skincare (as tolerated)
- Continue SPF daily
- If you have a second Prohilo session planned, this is a good time to confirm your date

What to avoid

- Deep facial massage, peels, dermabrasion or laser until your recommended waiting period has passed (often around 2 weeks)

What's normal

- Improvements become clearer over time
- Skin quality changes can continue to develop over several weeks

A quick note on results

Prohilo results build gradually. Some patients notice improvement within 1–2 weeks, while others see changes more clearly over the following 3–6 weeks.

What's Normal & When to Seek Advice

What's Normal After Prohilo

Most people feel well after Prohilo and can return to normal activities straight away. In the first couple of days, it's common to notice small, temporary effects at the injection points as the product settles.

Normal and expected effects may include:

- Small bumps at the injection points (often settle within **24–48 hours**)
- Mild redness, tenderness or a “warm” feeling
- Light swelling
- Small bruises (may darken before fading)
- Mild sensitivity when washing your face or applying skincare

These effects are usually short-lived and improve on their own. Gentle care — and avoiding heat, strenuous exercise and alcohol in the first 24 hours — can help minimise them.

When to Contact a Practitioner

If you've had Prohilo with me, you're very welcome to contact me if you have any concerns. If you received treatment elsewhere, please contact **your own practitioner or clinic**, as they will be best placed to advise you based on your treatment plan and the exact areas treated.

Please seek advice if anything feels unusual, or if symptoms **worsen rather than improve**, particularly:

- Increasing pain, swelling, or tenderness
- Redness that spreads, feels hot, or becomes more intense
- Any discharge, crusting, or signs of infection
- Skin colour changes that concern you
- Fever or feeling generally unwell

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

If you ever experience severe symptoms (for example, difficulty breathing, significant facial swelling, or anything that feels urgent), seek immediate medical help.

Everyday Questions & Quick Answers

1) Can I wear makeup after Profhilo?

Ideally, avoid makeup for **12 hours** after treatment. This helps reduce irritation and lowers the risk of introducing bacteria into the tiny injection points. If you do need to apply makeup later the same day, keep it light, use **clean brushes or sponges**, avoid heavy pressing or rubbing, and remove it gently in the evening with a mild cleanser.

2) Can I exercise after Profhilo?

It's best to avoid **strenuous exercise for 24 hours**. Light walking is fine, but heavy gym sessions, running, and hot yoga can increase circulation and heat, which may worsen swelling or bruising. If you're keen to train, wait until the next day and ease back in gradually.

3) Can I drink alcohol after Profhilo?

Avoid alcohol for **24 hours**, as it can increase bruising and flushing. After that, normal consumption is fine unless I've advised otherwise for your skin.

4) Can I shower or wash my face after Profhilo?

Yes — but keep it gentle. Use **lukewarm water**, avoid scrubs or exfoliating tools, and don't rub the treated areas. Try to avoid very hot showers for **48 hours**.

5) What skincare should I avoid afterwards?

Avoid strong "active" skincare (for example **retinoids/retinol** and exfoliating acids) for **3 days either side** of treatment. If your skin feels sensitive, keep things simple a little longer.

6) When will I see results — and how long do they last?

Profhilo results build gradually. Many patients notice improved hydration and glow over the first few weeks, with skin quality continuing to improve beyond that. Longevity varies by skin and lifestyle — I'll guide you on maintenance based on your goals.

7) Can I fly after Profhilo?

Flying is usually fine, but if possible I recommend allowing **48 hours** before long flights, as travel can sometimes increase swelling. If you're travelling soon, gentle aftercare and hydration are especially helpful.

8) Can I have a facial, massage, or dental work after Profhilo?

Avoid facials and firm facial massage for around **2 weeks**, and avoid more intensive skin treatments (peels, laser, dermabrasion) for around **3 weeks**. If you have dental work planned, I'm happy to advise on timing based on what you're having done.

9) Can I touch the bumps or massage the area to help it settle?

No — please **don't rub or massage** the injection points. Small bumps are common and usually settle within **24–48 hours** without any intervention.

10) Is it normal to have bruising or swelling after Profhilo?

Yes — mild swelling, redness or small bruises can happen and are usually temporary. They often settle within a few days; avoiding alcohol and strenuous exercise for 24 hours, and avoiding heat for 48 hours, can help minimise them.

11) Can I use SPF / go out in the sun after Profhilo?

Yes — SPF is encouraged. Use **SPF 30+** if outdoors, but avoid prolonged sun exposure and heat (including sunbeds) for **48 hours** to reduce swelling and irritation.

Quick reminder:

Profhilo settles gradually — be gentle with your skin in the first few days, and avoid heat and heavy exercise early on for the smoothest recovery.

More detailed reading

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

- **Profhilo FAQs: Expert Answers**
<https://drmohanclinic.co.uk/frequently-asked-questions-about-profihilo-expert-answers/>
- **Profhilo Do's & Don'ts (Coffee, Alcohol & More)**
<https://drmohanclinic.co.uk/profihilo-dos-and-donts-coffee-alcohol-and-more/>
- **Profhilo: The Ultimate Guide to Skin Rejuvenation**
<https://drmohanclinic.co.uk/profihilo-the-ultimate-guide-to-skin-rejuvenation/>

Getting the Best Result from Profhilo

Profhilo is designed to support **skin quality** — particularly hydration, texture, elasticity and overall radiance. It is not intended to “fill” or create volume in the way dermal fillers do, which is why results often look **subtle, fresh and natural**.

When results start to show

Profhilo works gradually, and improvements can continue to develop over time.

- **First 1–2 weeks:** skin may start to feel more hydrated and look a little brighter
- **Weeks 3–6:** improvements in texture, firmness and overall “glow” are more noticeable
- **Beyond 6 weeks:** skin quality changes can continue to settle and refine

Everyone’s skin responds slightly differently, so the timing can vary — especially depending on hydration, lifestyle, and baseline skin condition.

Why Profhilo is often done as a course

Many patients achieve the best outcome when Profhilo is carried out as a **course of treatments**, rather than a single session. The aim is to build skin quality gradually and then maintain it.

If you’re having Profhilo with me, I’ll advise you on the most suitable schedule based on:

- your skin goals
- the areas being treated
- your skin’s current condition and sensitivity

Simple ways to support your results

After the first few days, good “skin basics” make a real difference:

- **SPF daily** (especially on the face, neck and chest)
- keep skincare consistent and gentle
- prioritise hydration and sleep where possible
- avoid unnecessary heat exposure if you’re prone to flushing

If you have questions

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

I hope this guide has helped you understand Profhilo aftercare and what to expect as your skin settles. I've also written a fuller [Profhilo Aftercare Complete Guide](#) and many answers to common questions on my website:

Profhilo Aftercare: <https://drmohanclinic.co.uk/complete-guide-to-profihilo-aftercare/>

Where to get Profhilo in London

If you're looking for [Profhilo treatment in London](#), I offer doctor-led Profhilo appointments at my aesthetic clinic in **Wimbledon**. I regularly see patients from across **South West London** — including Raynes Park, Kingston, Earlsfield, Putney, Clapham, Richmond, and Surbiton.

Profhilo treatment in Wimbledon: <https://drmohanclinic.co.uk/profhilo-treatment-london/>

Contact Dr. Mohan Cosmetic Clinic

Email: info@drmohanclinic.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 Profilla 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.



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