

Profhilo Structura Aftercare Guide

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

Updated: January 2026

Thank you for choosing my [Wimbledon Cosmetic Clinic](#) for your [Profhilo Structura 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 Structura aftercare guide** to help you feel confident in the days after treatment — with clear, practical steps, what to expect, and straightforward advice to help your skin **settle comfortably and predictably**.



[Profhilo Structura treatment](https://drmohanclinic.co.uk/profhilo-structura-wimbledon/) - <https://drmohanclinic.co.uk/profhilo-structura-wimbledon/>

What is Profhilo Structura?

Profhilo Structura is a regenerative injectable designed to support the **mid and lower face** by working in the **superficial fat layer**, helping improve **soft tissue support and skin firmness** while keeping results **natural**.

Because it's placed **slightly deeper than standard Profhilo**, aftercare focuses on one key principle: **avoid pressure and allow the product to settle naturally**.

Profilo Structura Immediate Aftercare & Key Rules

Profilo Structura is a low-downtime treatment and most people return to normal activities straight away. Because Structura is injected **slightly deeper than standard Profilo**, **aftercare is mainly about hands off, no pressure, and keeping things calm while the product settles.**

Immediate Aftercare (0-6 Hours Post-Treatment)

- **Avoid touching or rubbing the treated areas** for at least **6 hours**.
- **Do not massage or press** on any bumps or swelling — allow the product to settle naturally.
- **Avoid lying down flat for 6 hours** and try to **sleep on your back** that night if possible.
- **Makeup:** hold off for at least **12 hours**.

Day 1 Post-Treatment (First 24 Hours)

- **Exercise:** avoid intense exercise for **24 hours** to minimise swelling and bruising.
- **Alcohol:** avoid alcohol for **24 hours** (it can increase bruising and flushing).
- **Heat exposure:** avoid **saunas/steam rooms/hot yoga** and very hot baths or showers for **24-48 hours**.

Skincare Products (3 Days Either Side of Treatment)

- Keep skincare **simple and gentle** (cleanse lightly, moisturise, and use SPF).
- Avoid **harsh or “active” ingredients**, especially **retinoids and AHAs**, for **3 days** after treatment.

Pressure, Accessories & Treatments

- Avoid tight **helmets, hats, goggles**, or anything that applies pressure to the treated areas for **5 days**.
- Avoid **facial massage or firm pressure-based treatments** for 2 weeks and follow your practitioner's timing if you have any treatments booked).

Medication & Supplements (Bruising Reduction)

- If it's medically safe for you to do so, avoid **ibuprofen/aspirin** and supplements that may increase bruising for **48 hours either side** of treatment.

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

*Many patients find **arnica** useful for mild bruising or tenderness, especially around the cheekbones and jawline.*

Profilo Structura Aftercare Timeline: What to Expect

This timeline explains what most patients can expect after Profilo, 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
- Keep activity light and let your skin settle

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
- A “full” or slightly tight feeling in the treated areas

6–12 Hours After Treatment

What to do

- Continue gentle care and avoid unnecessary touching
- Keep skincare simple (no “active” products)
- Sleep **on your back** if possible (especially the first night)

What to avoid

- Makeup (ideally wait 12 hours)
- Retinoids / acids / strong actives
- Firm pressure from hands, face rollers, or tools

What's normal

- Mild swelling or tightness
- Occasional small bruises becoming more visible

First 24 Hours

What to do

- Stay hydrated
- Use **lukewarm water** if showering or washing your face
- Keep skincare calm: gentle cleanser + moisturiser

What to avoid

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

What's normal

- Light bruising or tenderness
- Mild swelling that improves gradually
- Small bumps continuing to settle

24–48 Hours After Treatment

What to do

- Continue gentle skincare (cleanser + moisturiser)
- Use **SPF** if outdoors
- Keep activity moderate and let your skin settle

What to avoid

- Saunas, steam rooms, hot yoga, sunbeds
- Prolonged sun exposure or strong heat
- Scrubs, exfoliating tools, and aggressive cleansing
- Facial massage, gua sha, face rollers, or firm pressure on treated areas

What's normal

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

***A helpful note:** mild unevenness in swelling can be normal early on. It's best to let everything settle before assessing symmetry.*

Days 6–7

What to do

- Continue normal skincare and SPF
- Maintain hydration and good sleep where possible

What to avoid

- Any treatment or activity that causes repeated pressure to the mid/lower face

What's normal

- Any remaining tenderness settling
- Skin starting to look a little smoother or more refreshed (subtle changes)

Days 8–14

What to do

- Keep skincare steady and simple
- You can usually resume most routines as normal

What to avoid

- If you're booking facials or advanced treatments, it's best to check timing first

What's normal

- Improvements may become more noticeable as the skin settles
- Results often look **natural and gradual**, rather than immediate

A quick note on results

Profilo Structura results build gradually. Some patients notice early changes within the first couple of weeks, while others see improvement more clearly over the following weeks as skin quality and support continue to refine.

Best habits (simple but effective): For the smoothest settling, keep skincare gentle, use SPF daily, stay well hydrated, and avoid unnecessary heat or firm pressure on the treated areas in the first few days. A calm routine and a little patience make a real difference while Profilo Structura gradually refines your result.

What's Normal & When to Seek Advice

What's Normal After Prohilo Structura

Most people feel well after Prohilo Structura and can return to normal activities straight away. In the first couple of days, it's common to notice temporary effects as the product settles — especially because Structura is placed slightly deeper than standard Prohilo.

Normal and expected effects may include:

- Small bumps at the injection points (often settle within **24–48 hours**)
- Mild redness, tenderness, or a slightly “warm” feeling
- Light swelling (sometimes more noticeable on one side at first)
- 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 treatment with me, you're very welcome to contact me if you have any concerns. If you received Prohilo Structura 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 Prohilo Structura?

Ideally, avoid makeup for **12 hours** after treatment to reduce irritation and infection risk. If you apply it later, keep it light, use clean brushes, and remove it gently.

2) Can I exercise after Prohilo Structura?

Avoid strenuous exercise for **24 hours**, as increased circulation and heat can worsen swelling or bruising. Light walking is fine, but save heavy gym sessions, running, and hot yoga for the next day.

3) Can I drink alcohol after treatment?

It's best to avoid alcohol for **24 hours** because it can increase bruising and flushing. Once that period has passed, normal consumption is usually fine unless your practitioner advises otherwise.

4) Can I shower and wash my face normally?

Yes — you can shower and cleanse your face, but keep it gentle and use **lukewarm water**. Avoid very hot showers for **24–48 hours**, and don't scrub or massage the treated areas.

5) Are bumps after Prohilo Structura normal?

Yes — small bumps at injection points are common and usually settle within **24–48 hours**. Don't rub or massage them; keeping hands off is the best approach.

6) Can I use retinol or exfoliating acids afterwards?

It's best to avoid retinoids and strong exfoliating acids for **3 days** after treatment, especially if your skin is sensitive. Keep skincare simple: gentle cleanser, moisturiser, and SPF.

7) Can I use a face roller, gua sha, or have a facial massage?

Avoid firm pressure, rollers, gua sha, and facial massage for **2 weeks**, as Structura is placed deeper and needs time to settle. If you have a facial booked, check timing with your practitioner first.

8) Can I go to the sauna or do hot yoga?

Avoid saunas, steam rooms, and hot yoga for **24–48 hours**, as heat can increase swelling and bruising. If you're prone to flushing or bruising, giving it a little longer is sensible.

9) When will I see results?

Results are gradual and can look very natural, rather than immediate. Some patients notice early changes within **1–2 weeks**, with improvement continuing over the following weeks as the skin settles.

10) What if one side looks more swollen than the other?

Mild uneven swelling can be normal early on, particularly in the first **48 hours**. Avoid pressure, keep skincare gentle, and if you're concerned or symptoms worsen, contact your practitioner for advice.

11) When can I have other skin treatments (laser, peel, microneedling, facials)?

It's best to avoid facials and pressure-based treatments for **2 weeks**, and more intensive treatments (laser, peels, microneedling) for around **2–3 weeks**, unless advised otherwise. If you already have something booked, check timing with your practitioner so your treatment plan stays safe and predictable.

Quick reminder:

Profhilo Structura settles gradually — keep skincare gentle, avoid heat and strenuous exercise early on, and avoid rubbing or applying pressure to treated areas while everything settles.

More detailed reading

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

- **Profhilo Structura in Wimbledon (treatment overview)**
<https://drmohanclinic.co.uk/profihilo-structura-wimbledon/>
- **Profhilo vs Profhilo Structura: which is right for you?**
<https://drmohanclinic.co.uk/profihilo-vs-profihilo-structura-which-treatment-is-right-for-you/>

Getting the Best Result from Prohilo Structura

Prohilo Structura is designed to support **soft tissue structure and skin firmness**, particularly through the **mid and lower face**, helping restore a fresher, more supported look while keeping results natural. It doesn't "fill" in the way dermal fillers do — instead, it's used to improve **support and skin quality** in a subtle, regenerative way.

When results start to show

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

- **First 1–2 weeks:** settling phase — skin may look smoother and feel more supported
- **Weeks 3–6:** changes in firmness and facial "structure" become more noticeable
- **Beyond 6 weeks:** results can continue to refine as the skin settles

Everyone responds slightly differently, so timing can vary depending on baseline skin quality, lifestyle, and the areas treated.

Why Prohilo Structura is often done as a course

Many patients achieve the best outcome when Structura is carried out as a planned course, rather than a single session. **The aim is to build support gradually and then maintain it.**

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

- your goals (support, firmness, natural lift)
- the areas being treated
- your facial structure and skin quality

Simple ways to support your results

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

- use **SPF daily** (especially on the face, jawline and neck)
- 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 Structura aftercare and what to expect as your skin settles. I've also written a fuller [Profhilo Structura Aftercare Complete Guide](#) and many answers to common questions on my website:

Profhilo Structura Aftercare: <https://drmohanclinic.co.uk/profihilo-structura-aftercare/>

Where to get Profhilo Structura in London

If you're looking for **Profhilo Structura treatment in London**, I offer doctor-led Profhilo Structura 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 Structura in Wimbledon: <https://drmohanclinic.co.uk/profihilo-structura-wimbledon/>

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 Prohilo Structura 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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