

Profhilo: After-Care Instructions

Welcome to Dr. Mohan Aesthetic Clinic's Guide to Profhilo Treatment Aftercare.

At [Dr. Mohan Cosmetic Clinic](#), we are passionate about helping you look and feel your best. With a commitment to providing the highest quality care, our clinic is your trusted destination for **advanced aesthetic treatments and personalized care**.



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

Profhilo Post-Treatment: **What not to do after Profhilo**

Following your Profhilo treatment, a crucial part of ensuring the most effective and beautiful results lies in knowing what to avoid during the recovery period. While **Profhilo is celebrated for its minimal downtime and ease of treatment**, certain precautions are still necessary to safeguard your skin's health and enhance the treatment's efficacy.

Here I would like to guide you through some of the important “don'ts” after your Profhilo session. Adhering to these guidelines will help you avoid common pitfalls and ensure your path to radiant, youthful skin is as smooth and successful as possible.

Immediate Aftercare (0-6 Hours Post-Treatment)

- **Avoid Touching the Area:** For the first 6 hours, avoid touching the treated area to prevent infection.
- **Sleep Positioning:** Try to sleep with your face up on the night following the treatment.
- **Makeup:** Refrain from applying makeup for at least 12 hours post-treatment.

Day 1 Post-Treatment (Next 24 Hours)

- **Exercise and Alcohol:** Avoid strenuous physical activity and alcohol consumption for 24 hours to reduce the risk of bruising and swelling.
- **Heat Exposure:** Steer clear of extreme heat such as hot baths, showers, saunas, steam rooms, or sun exposure for the first 48 hours.

Medication and Supplements (2 Days Before/After Treatment)

- **Anti-inflammatory Drugs and Supplements:** Avoid ibuprofen, aspirin, and supplements like St John's Wort, cod liver oil, and vitamins A, B, or E to minimize bruising.
- **Skincare Products (3 Days Either Side of Treatment)**
- **Retinoids:** Avoid cosmetic products containing retinoids for 3 days before and after the procedure.

Physical Restrictions (Post 5 Days)

- **Compressive Wear:** Do not wear masks, helmets, or goggles that press against the treated areas for 5 days.
- **Cosmetic Procedures (3 Weeks Either Side of Treatment)**
- **Skin Treatments:** Avoid treatments like chemical peels, dermabrasion, laser treatments, and facial massages for 3 weeks surrounding your Profhilo session.
- **Facial Treatments:** Postpone facial treatments like Radiofrequency, Hydrafacial, Microdermabrasion, CACI, Microneedling, and Dermaplaning for up to 2 weeks.

General Guidelines

- **Treatment Bumps:** Do not rub or massage the small bumps that may appear post-treatment; they typically subside within a few hours.
- **Temperature Extremes:** Avoid extremely hot or cold temperatures for 48 hours following the treatment.

We hope this short guide has provided you with valuable insights into Profhilo post-treatment aftercare and answered some of your questions. However, **we understand that you may have specific inquiries or unique concerns related to your skin goals.**

We encourage you to reach out to us directly for personalized assistance. Your beauty journey is unique, and we are here to guide you every step of the way. Whether you have additional questions, need more information, we're just a message or a call away!

If you have any questions that weren't covered in this guide or if you seek clarification on any topic related to aesthetic treatments, please **don't hesitate to get in touch.**

You may also like to read a **Complete Guide to Profhilo Aftercare** on our website:

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

Where can I get Profhilo treatment in London?

You can get your Profhilo treatment in London at Dr Mohan's Cosmetic Skin Clinic in Wimbledon. We offer Profhilo treatments to customers from all over the UK, especially those living in Raynes Park, Kingston, Earlsfield, Clapham Junction, Putney, Wandsworth, Fulham, Surbiton and Hampton.

Contact Dr. Mohan Cosmetic Clinic

Get in touch for a free consultation: **07702 389 636 / info@drmohanclinic.co.uk**



The Garden Room, 2 Wandle Road, London SW17 7DW

Claim Your Free Consultation

At Dr. Mohan's Cosmetic Skin Clinic in Wimbledon, we are committed to helping you achieve your aesthetic goals. *As a token of our appreciation for choosing us as your trusted resource, we're pleased to offer you a complimentary consultation.* This is **your opportunity to discuss your unique needs and receive personalized recommendations from Dr. Suresh Mohan.**

To schedule your free consultation or to reach out with your questions, **contact us today:**

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

I look forward to assisting you on your journey to radiant and rejuvenated skin.
Your beauty is my priority.

Dr. Suresh Mohan Clinic

Dr. Mohan, our esteemed founder and leading aesthetic specialist, **brings a wealth of experience and expertise to the field of aesthetic medicine.** He is dedicated to enhancing your natural beauty and helping you achieve your skin goals. Dr. Mohan's unwavering commitment to **delivering expertly performed anti-aging treatments**, such as Prohilo injections and dermal fillers, sets our clinic apart.



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