



Post Treatment Guidelines





This information is for your guidance only. If you have any concerns or worries please always contact us for help and advice on the clinic telephone 01844 213007 or phone your nurse directly.

Intense Pulsed Light, Hair Removal & Skin Tightening Treatments

Aerobic exercise should be avoided for 24 hours.

Quick lukewarm showers are recommended.
Hot baths are not advised for 24 hours.

Following treatment, if your skin is broken or if a blister appears, it is important to notify the clinic and your nurse will advise you accordingly.

Cold packs, aloe vera or iS Clinical Hydra-Cool Serum or any other cooling preparation may be used to soothe the skin, if feeling hot.

Sun exposure is to be avoided for at least 3 weeks before treatment and then for the following 3 weeks. **You are advised to purchase iS Clinical Eclipse SPF 50+ at the clinic MBNS strongly advises patients to protect their skin with one of our pharmaceutical grade moisturizing SPF's, please see our skin care specialists at reception for advice.** This should be applied daily. Further UV protection can be gained by combining iS Clinical Super Serum Advance + with your Eclipse SPF 50+.

If further treatment is required, a commitment to avoid direct sunlight is necessary. If you have sun exposure and do not tell us about it, certain complications may occur following IPL treatment, such as pigmentation and burning. Fake tans and gentle daily tanning creams **should not** be applied for 3 weeks prior to treatment.

Makeup may be applied as long as your skin is not broken.

For IPL Hair Removal patients, avoid removing any hair stubble by the root (plucking, waxing or hair removal creams) between treatments; we advise shaving or trimming which will not disrupt the hair growth cycle.



Facial Botox Treatments

Try to exercise your treated muscles for 4 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps the Botox to bind with your muscles. Although this is thought to help, it will **NOT** impact your treatment negatively if you forget to do this.

Do NOT rub or massage the treated areas for 24 hours after your treatment.

Do NOT apply your own make-up for 4 hours after your treatment.

Do NOT lie down or do strenuous exercise for 4 hours after treatment.

Feel free to shower and go about most other regular daily activities.

Be assured that any tiny bumps or marks will go away within a few hours after your treatment.

Results of your treatment may take up to 14 days to take full effect.

The results of your Botox treatment is not permanent. You may find that your results will last approximately 3 or 4 months. If you maintain 3-4 monthly appointments in the first year, the duration of each treatment result may last longer than 4 months.

MBNS offers FREE follow-up appointments for all Botox treatments, however this review appointment must occur between 14-21 days of your treatment. This is because Botox is a prescription medicine and has a strict protocol.

Botox for Underarm Sweating

After treatment:

Do shower normally.

Do NOT use a strong antiperspirant for 4 days.

Use Bionsen Aluminium Free Roll-on Deodorant or similar after your treatment.

After 4 to 14 days you should notice less sweating.

A 14 day follow up appointment should be made so that your treatment results can be reviewed.



Dermal Fillers

It is not advisable to have a dermal filler injection very close to an important social event, in case you have a bruise or some swelling. Book your treatments at least one to two weeks before, depending on your healing process.

After your treatment, there may be slight redness, swelling, tenderness, a faint bubble like appearance or an itching sensation. This is a normal result of the injection. These are temporary and generally disappear gradually over a period of 7-14 days. If they continue or if any other reactions occur, please contact your aesthetic nurse practitioner.

The initial swelling after a skin thickening treatment such as Vital may take longer to settle. Some patients experience swelling for about a week and the skin can look somewhat uneven during this time. This means that your result directly after your treatment should not be seen as your final result.

Avoid touching the treated area for 6 hours. After that, light make-up can be applied and the area can be gently washed with iS Clinical Cleansing Complex and water. If instructed by your nurse, gentle massage of the treated skin may begin 6 hours following the injections and should be conducted with clean scrubbed hands.

How to Massage: Reasonably firm single sweeps to each treatment site, using thumb & forefinger pinch method-10 sweeps, up to 10 times on days 1 and 2 post injection. Please remember to wash your hands prior to the massage (NB this may be slightly tender; consider taking pain relief if appropriate).



Sclerotherapy

After sclerotherapy treatment the skin will go a little pink and blotchy, with small bruises. These usually disappear after a few weeks but may leave a brown stain that may take up to 18 months to fade.

A length of tubigrip will be used to cover the leg. This should be left on for 24 hours, Please wash it and bring it back for your next treatment.

Do not use any creams on the treated area before and after treatment.

Do not have a bath or shower for 24 hours.

Avoid prolonged sitting, standing, and pounding types of exercise for 24 hours.

Please avoid alcohol and aspirin /ibuprofen for 24 hours before and after treatment.

DO NOT commence the combined an oral contraceptive pill during any stage of your sclerotherapy treatment.

Short Wave Diathermy/ Cautery treatment for Moles & Skin Tags

Keep the area clean and dry for 24 hours following treatment.

Avoid clothing or jewellery rubbing on the treated area for 1-2 days after treatment.

Use a clean towel to dry the treated area after bathing.

During the healing process avoid picking or touching the treated area for 10-14 days.

If your treated area is a little moist and red, it does not necessarily mean it is infected. If you are concerned, telephone your nurse.



Skin Care Protocol

Morning

Evening



In the event of an emergency, should you be unable to reach reception, please contact one of the nurses directly.

Marea Brennan Thorns RN NIP MSc
Advanced Nurse Practitioner in
Aesthetic Medicine & Director
07710 023223
marea@mbnsclinic.co.uk

Stephanie Green RN
Aesthetic Nurse Director
07808 078125
stephanie@mbnsclinic.co.uk

Paula Shurrock RN
Aesthetic Nurse Practitioner
07718 570411
paula@mbnsclinic.co.uk

Lucy O'Neill RN NIP
Aesthetic Nurse Practitioner
01844 213007
lucy@mbnsclinic.co.uk

Rachel Fox RN NIP
Aesthetic Nurse Practitioner
01844 213007
rachel@mbnsclinic.co.uk

Clinic Opening Hours:

Monday	9am - 5:30pm
Tuesday	9am - 5:30pm
Wednesday	9am - 7:30pm
Thursday	9am - 7:30pm
Friday	9am - 5:30pm
Saturday	9am - 5:30pm



57 North Street
Thame, Oxon
OX9 3BH

Tel: 01844 213007
info@mbnsclinic.co.uk