

Avoid exercise for 24hrs after.



Be patient as full results can take 14 days



Don't touch your face or use make up for 24 hours



You may get a headache Take Paracetamol if you need



Sit upright for the first 4 hrs after



Avoid blood thinning medication



Avoid the direct sunlight for 72hours



Avoid hot tubs and saunas for 24hours.



SMOOTH TOUCH AESTHETICS.
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