



Avoid exercise for 24hrs after.



Apply a cold compress!



Expect bruising and swelling.



Avoid blood thinning medication.



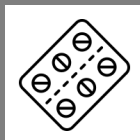
Don't use make up for
24 hours



Avoid the direct sunlight.
for 72hours



You may get a headache
Take Paracetamol if you need



Avoid hot tubs and saunas,
for 24hours.



SMOOTH TOUCH AESTHETICS.
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