

NURA

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AFTER WRINKLE REDUCTION TREATMENT

Stay upright: For the first 4 hours after the injections to prevent the migration of the botulinum toxin to unintended areas.

Avoid touching the treated area: avoid touching or rubbing the injected area for at least 4 hours after the procedure. To prevent the spread of bacteria and the migration of the botulinum toxin to unintended areas.

Avoid strenuous activities: Refrain from engaging in strenuous exercise, heavy lifting, or activities that cause excessive sweating for the first 24 hours. Sweating can potentially spread the botulinum toxin to adjacent muscles.

Avoid facial treatments: Steer clear of facials, eyebrow waxing/threading or any other facial treatments for at least 1 week after injections. Additionally no massage treatments due to the pressure applied to the face while laying down in the massage treatment bed.

These treatments may increase the risk of complications or interfere with the results.

Refrain from alcohol: Avoid alcohol for at least 4 hours after the procedure. Alcohol consumption can increase the risk of spread of the botulinum toxin.

Be patient: The full effects of botulinum toxin can take several days to appear. It's essential to be patient and wait for the results to take effect which can take 2 weeks.

Follow-up appointment: If you have any areas of concern post treatment please attend a follow up treatment review appointment no sooner than 2 weeks post treatment and no later than 3 weeks post treatment.

AFTER FACIAL VOLUMISING (DERMAL FILLER) TREATMENT

Avoid touching the treated area: To minimise the risk of infection, it's important to refrain from touching or rubbing the injected area for at least 24 hours after the procedure, particularly the entry point of the needle or cannula into the skin. It is also recommended to ensure your pillow cases and towels are freshly washed.

Minimise strenuous exercise or activities that increase blood flow to the face for the first 24 to 48 hours after the procedure. This can help reduce swelling and bruising.

Apply cold compress or ice packs to the treated area for the first 24 hours as needed to help reduce swelling, bruising, or discomfort. Wrap the ice pack in a clean cloth or thin towel, and apply it for short periods at a time, with breaks in between.

Avoid excessive heat exposure: For 48 hours after the injections, it's best to avoid excessive heat exposure, such as saunas, steam rooms, hot showers, or prolonged sun exposure. Heat can increase swelling and may interfere with the healing process.

Avoid consuming alcohol for at least 24 hours after the procedure, as alcohol can increase the risk of bruising and swelling.

Stay hydrated: drinking an adequate amount of water helps with the healing process and overall well being.

Keep your head elevated while sleeping to reduce swelling. Try using an extra pillow or sleeping in a slightly upright position.

Monitor for potential complications: While complications are rare, it's essential to be aware of potential signs of infection or adverse reactions. If you experience severe pain, excessive swelling, redness, or any other concerning symptoms, contact Nura Cosmetics immediately.

Be patient: the product can take 2-4 weeks to settle and integrate into your natural tissue. Trust the process.

Follow-up appointment: If you have any areas of concern post treatment please attend a follow up treatment review appointment no sooner than 2 weeks post treatment.

AFTER BIO-STIMULATION (SCULPTRA) TREATMENT

Massage the treated area for 5 minutes, 5 times per day, for 5 days after your treatment. Use a moisturising oil, cream or cleanser to reduce friction when massaging.

Keep the area clean: To minimise the risk of infection, it's important to keep the treated area clean for at least 24 hours after the procedure, particularly the entry point of the needle or cannula into the skin. It is also recommended to ensure your pillow cases and towels are freshly washed.

Minimise strenuous exercise or activities that increase blood flow to the face for the first 24 to 48 hours after the procedure. This can help reduce swelling and bruising.

Apply cold compress or ice packs to the treated area for the first 24 hours as needed to help reduce swelling, bruising, or discomfort. Wrap the ice pack in a clean cloth or thin towel, and apply it for short periods at a time, with breaks in between.

Avoid excessive heat exposure: For 48 hours after the injections, it's best to avoid excessive heat exposure, such as saunas, steam rooms, hot showers, or prolonged sun exposure. Heat can increase swelling and may interfere with the healing process.

Avoid consuming alcohol for at least 24 hours after the procedure, as alcohol can increase the risk of bruising and swelling.

Stay hydrated: drinking an adequate amount of water helps with the healing process and overall well being.

Keep your head elevated while sleeping to reduce swelling. Try using an extra pillow or sleeping in a slightly upright position.

Monitor for potential complications: While complications are rare, it's essential to be aware of potential signs of infection or adverse reactions. If you experience severe pain, excessive swelling, redness, or any other concerning symptoms, contact Nura Cosmetics immediately.

Be patient: Sculptra is a gradual treatment that stimulates collagen production over time. It may take several weeks or months to see the full results. Be patient and follow your injector's recommendations for subsequent treatments, if needed.

Follow-up appointment: If you have any areas of concern post treatment please attend a follow up treatment review appointment no sooner than 2 weeks post treatment.

AFTER BIO-REMODELLING (PROFHILO) TREATMENT

Avoid touching the treated area: To minimise the risk of infection, it's important to refrain from touching or rubbing the injected area for at least 24 hours after the procedure, particularly the entry point of the needle or cannula into the skin. It is also recommended to ensure your pillow cases and towels are freshly washed.

Minimise strenuous exercise or activities that increase blood flow to the face for the first 24 to 48 hours after the procedure. This can help reduce swelling and bruising.

Apply cold compress or ice packs to the treated area for the first 24 hours as needed to help reduce swelling, bruising, or discomfort. Wrap the ice pack in a clean cloth or thin towel, and apply it for short periods at a time, with breaks in between.

Avoid excessive heat exposure: For 48 hours after the injections, it's best to avoid excessive heat exposure, such as saunas, steam rooms, hot showers, or prolonged sun exposure. Heat can increase swelling and may interfere with the healing process.

Avoid consuming alcohol for at least 24 hours after the procedure, as alcohol can increase the risk of bruising and swelling.

Stay hydrated: drinking an adequate amount of water helps with the healing process and overall well being.

Keep your head elevated while sleeping to reduce swelling. Try using an extra pillow or sleeping in a slightly upright position.

Monitor for potential complications: While complications are rare, it's essential to be aware of potential signs of infection or adverse reactions. If you experience severe pain, excessive swelling, redness, or any other concerning symptoms, contact Nura Cosmetics immediately.

Be patient: the product can take 2-4 weeks to settle and integrate into your natural tissue. Trust the process.

Follow-up appointment: If you have any areas of concern post treatment please attend a follow up treatment review appointment no sooner than 2 weeks post treatment.

AFTER FAT DISSOLVING TREATMENT

Avoid touching the treated area: To minimise the risk of infection, it's important to refrain from touching or rubbing the injected area for at least 24 hours after the procedure. It is also recommended to ensure your pillow cases and towels are freshly washed.

Minimise strenuous exercise or activities that increase blood flow to the face for the first 24 to 48 hours after the procedure. This can help reduce swelling and bruising.

Apply cold compress or ice packs to the treated area for the first 24 hours as needed to help reduce swelling, bruising, or discomfort. Wrap the ice pack in a clean cloth or thin towel, and apply it for short periods at a time, with breaks in between.

Take pain relief if necessary: over the counter paracetamol (panadol) can help alleviate any post treatment discomfort.

Avoid excessive heat exposure: For 48 hours after the injections, it's best to avoid excessive heat exposure, such as saunas, steam rooms, hot showers, or prolonged sun exposure.

Avoid consuming alcohol for at least 24 hours after the procedure, as alcohol can increase the risk of bruising and swelling.

Stay hydrated: drinking an adequate amount of water helps with the healing process and overall well being.

Keep your head elevated while sleeping to reduce swelling. Try using an extra pillow or sleeping in a slightly upright position.

Trust the process: significant swelling and discomfort is completely normal for 3-5 days post fast dissolving treatment. Residue swelling may persist for up to 3 weeks.

Follow-up appointment: If you have any areas of concern post treatment please attend a follow up appointment at 4-6 weeks.

NURA



HAYLEY NAKONE
ADMIN@NURACOSMETICS.COM.AU
+61 468 568 156

@NURACOSMETICS_
WWW.NURACOSMETICS.COM.AU
NORTH ADELAIDE / PORT LINCOLN