

Polynucleotides – Before & Aftercare

Before Your Appointment

Avoid alcohol, caffeine, and anti-inflammatory medications (e.g., ibuprofen, aspirin) for 24–48 hours prior to treatment (unless medically indicated)

Avoid blood thinning supplements such as fish oil, vitamin E, or garlic tablets for 3–5 days before treatment (unless medically indicated)

Please attend your appointment with clean skin—no makeup, creams, or SPF in the treatment area.

Inform your practitioner if you have any upcoming dental treatments, long-haul flights, or if you are pregnant or breastfeeding

After Your Appointment

Mild swelling, redness, or bruising at the injection sites is normal and should subside within a few days.

Avoid touching or massaging the treated areas unless instructed by your practitioner.

Refrain from applying makeup to the treated areas for 24 hours.

Avoid intense exercise, alcohol, steam rooms, saunas, and swimming for 48 hours post-treatment.

Avoid other aesthetic treatments (e.g., facials, chemical peels, or laser) in the treated area for at least 2 weeks.

What to Expect

Polynucleotides are typically administered over a course of 3 sessions, spaced 3–4 weeks apart.

You may notice subtle improvements in skin hydration, quality, and tone after the first session.

Full results develop gradually over the course and are best seen a few weeks after the final session.

Maintenance sessions may be recommended every 6–9 months depending on individual skin needs.

When to Contact Us

If you experience severe swelling, prolonged redness, or signs of infection such as heat or pus.

If you have any concerns about your treatment response or healing process.

Please contact the clinic immediately.

Emergency Contact

If you have any urgent concerns outside of clinic hours, please call: 07747 835321