

Skin Booster

Aftercare Advice

Thank you for choosing Hill Clinics. To help you get the best results and minimise side effects, please follow the advice below after your skin booster treatment.

Immediately After Treatment

- Some redness, swelling, or small bumps at the injection sites are normal and should settle within 24–72 hours.
- Mild bruising may occur and usually fades within a few days.
- You may feel slight tenderness in the treated areas – this will ease as healing progresses.

Do

- Keep the area clean and avoid touching or rubbing the skin for at least 6 hours.
- Use a gentle cleanser and moisturiser.
- Stay well hydrated – drinking water supports the treatment's effectiveness.
- Apply a cold compress gently if you experience swelling or discomfort.
- Use broad-spectrum SPF 30+ daily to protect your results.

Avoid (for 24–48 hours unless advised otherwise)

- Makeup on the treated area (wait at least 6 hours).
- Strenuous exercise, saunas, steam rooms, hot tubs, or swimming.
- Excessive alcohol or caffeine, as these can worsen bruising.
- Direct sun exposure, tanning beds, or extreme heat.
- Massaging or applying pressure to the treated area.

Longer-Term Care

- Continue to use SPF daily to protect your skin.
- Maintain a good skincare routine to support your results.
- For optimal outcomes, a course of treatments may be recommended, followed by maintenance sessions.

Call us if you experience:

- Severe pain, spreading redness, or swelling that worsens instead of improving.
- Blistering, skin discolouration, or signs of infection (heat, pus, increasing tenderness).
- Any other concerns about your treatment or results.



Your results will gradually improve as the skin booster integrates into your skin, giving you a refreshed, hydrated glow. 3 sessions recommended 3 weeks apart for optimum results. Top up 6 monthly.