

# Precautions after Skin Booster & Skin Botox

## General Guidelines (First Week After Procedure)

Please avoid the following for one week after your procedure:

- Alcohol consumption
- Smoking
- Sauna or extreme heat exposure
- Meridian massage
- Excessive facial expressions
- Intense physical exercise
- Skin exfoliation

Pain, bruising, and swelling will gradually improve with time and usually subside within 3–10 days. If symptoms worsen or become concerning, please contact the clinic immediately.

## Skin Booster & Skin Botox

- Small raised bumps (embo phenomenon) may appear; these typically subside within 2–3 days, although longer recovery is possible depending on skin condition.
- Do not massage the treated areas.
- If you experience discomfort, we can assist with management and aftercare at the clinic.

## Post-Healing Care

- Once the wound is fully healed, focus on skin regeneration and moisturizing care.
- Continued sun protection is essential to prevent pigmentation.



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