



## Clinic name

Address · Phone · Licence no.

# After your laser hair removal

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Redness and small bumps around the hair follicles, like a mild sunburn.
- Warmth or a light tingling in the treated area.
- Treated hairs falling out over the coming days and weeks.

## What to do

- Cool the area with a cold compress wrapped in a clean cloth.
- Use a fragrance-free moisturiser.
- Put sunscreen on treated skin that the sun can reach.

## What to avoid, and for how long

- Sun and tanning for ..... days.
- Hot showers, sauna, steam and swimming for ..... hours.
- Perfume, deodorant and scrubs on the area for ..... hours.
- Waxing or plucking between sessions. Ask us before anything other than shaving.

## When to call us

- Blisters, crusts or burning that gets worse.
- Swelling that does not settle.
- Signs of infection: pus, spreading redness or a fever.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# After your filler

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Swelling, tenderness and small bruises where the needle went in.
- The area may feel firm or a little uneven at first.

## What to do

- Hold a cold compress wrapped in a cloth gently, without pressing.
- Sleep with your head slightly raised on the first night.
- Only massage the area if your doctor told you to.

## What to avoid, and for how long

- Pressing or rubbing the area for ..... days.
- Hard exercise for ..... hours.
- Sauna, heat and strong sun for ..... days.
- Make-up on the injection points for ..... hours.

## When to call us

- Call us straight away if the skin turns pale, blue or blotchy, or the pain becomes severe near the area.
- Call us straight away if your eyesight changes in any way.
- Redness, heat or swelling that increases after the first days.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# After your botulinum toxin injections

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Small bumps or redness at the injection points that fade within hours.
- A mild headache.
- The effect appears gradually over the following days, not straight away.

## What to do

- Stay upright for ..... hours.
- Gently use the treated muscles if your doctor asked you to.
- Come to your review appointment so we can check the result.

## What to avoid, and for how long

- Rubbing or massaging the area for ..... hours.
- Lying down or bending over for long for ..... hours.
- Exercise, sauna and heat for ..... hours.
- Facials and peels for ..... days.

## When to call us

- A drooping eyelid or eyebrow, or double vision.
- Difficulty swallowing, speaking or breathing: go to emergency care straight away.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# After your chemical peel

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Redness and tightness, like a sunburn.
- Peeling or flaking over the following days.
- Some patches looking darker before they peel.

## What to do

- Wash with a gentle cleanser and lukewarm water.
- Use the moisturiser we recommended.
- Put on sunscreen every day and top it up during the day.

## What to avoid, and for how long

- Picking or pulling the flakes: let them come off by themselves.
- Direct sun for ..... days.
- Scrubs, retinoids and acids for ..... days.
- Make-up for ..... hours; sauna and swimming for ..... days.

## When to call us

- Blisters, oozing or thick crusts.
- Severe pain or swelling.
- A cold sore or signs of infection.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# After your PRP or mesotherapy

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Redness and small marks at the injection points.
- Mild swelling or bruising.
- If your scalp was treated: tenderness when touched.

## What to do

- Keep the area clean and do not touch it with unwashed hands.
- Wash your hair or face after ..... hours, with lukewarm water.
- Ask us before taking any pain relief.

## What to avoid, and for how long

- Make-up or hair products for ..... hours.
- Hard exercise for ..... hours.
- Sauna and strong sun for ..... days.

## When to call us

- Pain, redness or heat that is getting worse.
- Pus, or a fever.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# After minor surgery and stitches

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Mild pain, swelling and bruising around the wound.
- A little blood on the dressing on the first day.

## What to do

- Keep the dressing dry and in place for ..... hours.
- After that, clean the wound the way we showed you.
- Take medicines only as your doctor wrote them.
- Stitch removal on: .....

## What to avoid, and for how long

- Soaking the wound (bath or swimming) until .....
- Heavy lifting or stretching the area for ..... days.
- Smoking: it slows healing.

## When to call us

- Bleeding that soaks the dressing and does not stop with firm pressure.
- The wound opening.
- Redness, heat, pus or a fever, or severe pain.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# Your home exercises

Keep this sheet. Call us if anything worries you.

Name \_\_\_\_\_ Date \_\_\_\_\_

## What is normal today

- Tired or slightly sore muscles after exercising, which then eases.

## What to do

- Do the exercises as in the table, slowly and with control.
- Use ice or heat only as your physiotherapist advised.

| Exercise | Sets | Repetitions | Times a day | Notes |
|----------|------|-------------|-------------|-------|
|          |      |             |             |       |
|          |      |             |             |       |
|          |      |             |             |       |
|          |      |             |             |       |
|          |      |             |             |       |
|          |      |             |             |       |

## What to avoid, and for how long

- Pushing through sharp pain: stop and tell us.
- Adding exercises that are not on this sheet.

## When to call us

- Pain that gets worse after exercise and does not ease.
- New numbness, tingling or weakness.

Clinic emergency number \_\_\_\_\_ Next appointment \_\_\_\_\_  
In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

# After your cosmetic surgery

Keep this sheet. Call us if anything worries you.

Name ..... Date .....

## What is normal today

- Swelling, bruising, tightness, numbness and tiredness in the first days.
- Some fluid in the drains, if you have them.

## What to do

- Wear the compression garment day and night for ..... weeks; take it off only to wash.
- Empty the drains and write the amount in the table every day.
- Walk gently around the house several times a day; take medicines as prescribed.

| Date | Drain 1 | Drain 2 | Notes |
|------|---------|---------|-------|
|      |         |         |       |
|      |         |         |       |
|      |         |         |       |

Drain removal ..... Stitch removal .....

First review ..... Garment review .....

## What to avoid, and for how long

- Lifting and exercise for ..... weeks; driving until .....
- Baths and pools until .....; smoking.

## When to call us

- A fever, one side suddenly more swollen or painful than the other, or bleeding.
- Calf pain or swelling, shortness of breath or chest pain: go to emergency care straight away.

Clinic emergency number ..... Next appointment .....

In an emergency, go to the nearest emergency department.



## Clinic name

Address · Phone · Licence no.

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# Starting your nutrition plan

Keep this sheet. Call us if anything worries you.

Name \_\_\_\_\_ Date \_\_\_\_\_

## What is normal today

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- Feeling more or less hungry than usual at first.
- Changes in digestion as your food changes.
- Weight going up and down from day to day: this is normal.

## What to do

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- Follow your meal plan and drink water through the day.
- Write down what you eat in a simple food diary.
- Weigh yourself on ..... at the same time each week.

## What to avoid, and for how long

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- Skipping meals.
- Supplements we have not agreed on.
- Judging your progress by one day's weight.

## When to call us

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- Dizziness, fainting or unusual tiredness.
- Low or high sugar readings, if you have diabetes.
- A reaction to a new food.

Clinic emergency number \_\_\_\_\_ Next appointment \_\_\_\_\_  
In an emergency, go to the nearest emergency department.

In Medicolize this document lives on the patient file: [medicolize.com](https://medicolize.com)