



CULTSKIN[®]

PRE AND
POSTCARE
PRP AND PRP
SUBCISION

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Pre- and Post-Treatment Care

PRP uses your own platelet-rich plasma to support the skin's natural repair processes and promote skin rejuvenation. When combined with subcision, a fine needle or cannula is used to release fibrous bands beneath the skin that contribute to tethered or indented scars. Mild redness, swelling, tenderness and bruising are common after treatment. These effects usually settle over several days, although bruising can last 1-2 weeks or longer, particularly following subcision.

PRE-TREATMENT CARE

7 days before treatment

- Avoid alcohol for at least 24-48 hours before your appointment to help minimise bruising.
- If suitable for you, consider taking arnica before treatment this can help limit bruising we cannot guarantee that bruising will be prevented.
- Avoid non-essential supplements that may increase bruising, such as fish oil, vitamin E, ginkgo and garlic supplements, if your practitioner advises this.

Important medication advice: Some medicines, including aspirin, ibuprofen and other anti-inflammatory drugs, may affect platelet function or bruising. Do not stop prescribed medication, including blood thinners, without consulting your prescribing clinician and treatment practitioner

Reducing Bruising & Swelling

We recommend taking oral Arnica tablets for one week before and one week after treatment. Take two tablets, three times daily during the week leading up to your appointment. These are available from most pharmacies.

We also offer a topical Arnica cream, which may help reduce bruising and support recovery.

24-48 hours before treatment

- Drink plenty of water and arrive well hydrated.
- Avoid alcohol and strenuous exercise.
- Avoid treatment if you are unwell or have an active skin infection in the area; contact the clinic for advice.
- If treating the face, inform your practitioner if you have a history of cold sores.

On the day

- Arrive with clean skin and no makeup on the treatment area.
- Inform your practitioner of any changes to your medical history, medication or supplements.

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POST-TREATMENT CARE — PRP

First 24 hours

- Avoid touching, rubbing or massaging the treated area.
 - Do not apply makeup for at least 24 hours.
- Keep the area clean and avoid applying unapproved products.
 - Avoid alcohol and strenuous exercise.
- Use arnica as directed, provided it is suitable for you. Apply topical arnica only to intact skin, away from the eyes, lips and any puncture sites. Do not apply it to broken skin.

First 48-72 hours

- Avoid strenuous exercise, saunas, steam rooms, hot baths and swimming.
 - Avoid excessive heat and direct sun exposure.
- Use a gentle cleanser and simple, fragrance-free moisturiser once you can safely resume skincare.
- Avoid retinoids, exfoliating acids, scrubs and other potentially irritating active products for around 3-5 days, or until the skin has settled.
- Use a broad-spectrum SPF 30-50 daily once appropriate for the skin.

ADDITIONAL POST-TREATMENT CARE — PRP WITH SUBCISION

Subcision involves releasing fibrous bands beneath the skin, so bruising, swelling and tenderness may be more noticeable than with PRP alone.

- Keep any dressing in place for the period advised by your practitioner and follow their wound-care instructions.
- Avoid rubbing, pressing or massaging the treated area for at least 72 hours, or for longer if instructed.
- Do not apply makeup until the entry points have closed and your practitioner confirms it is safe.
 - A cool compress may be used if recommended by your practitioner. Wrap it in a clean cloth, avoid direct ice contact and do not apply firm pressure.
 - Do not apply arnica cream to open entry points, broken skin or areas that are still weeping.
- Bruising may take 1-2 weeks or longer to resolve. Arnica may help some patients, but results vary.
- Avoid additional facial treatments, including peels, microneedling and laser treatments, until the area has healed and your practitioner confirms it is safe.

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

Mild bruising, swelling and tenderness are expected. Contact the clinic promptly if you experience:

- Increasing pain, redness, warmth or swelling, particularly after the first 48-72 hours.
- Pus, discharge, fever or other signs of infection.
- A rapidly expanding or unusually painful bruise.
- Any unexpected or worsening symptoms.
- Any unexpected or concerning symptoms following treatment.

If you experience difficulty breathing, difficulty swallowing or symptoms of a severe allergic reaction, seek emergency medical attention immediately.

Although complications are uncommon, prompt assessment is essential if any of the above occur.

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

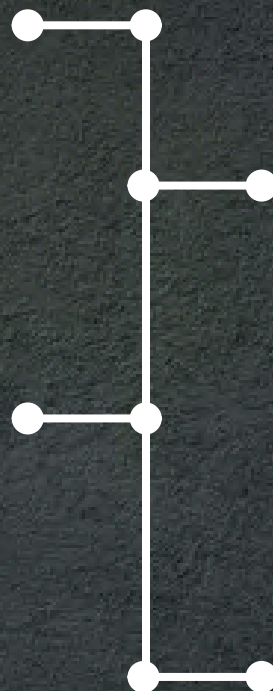


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

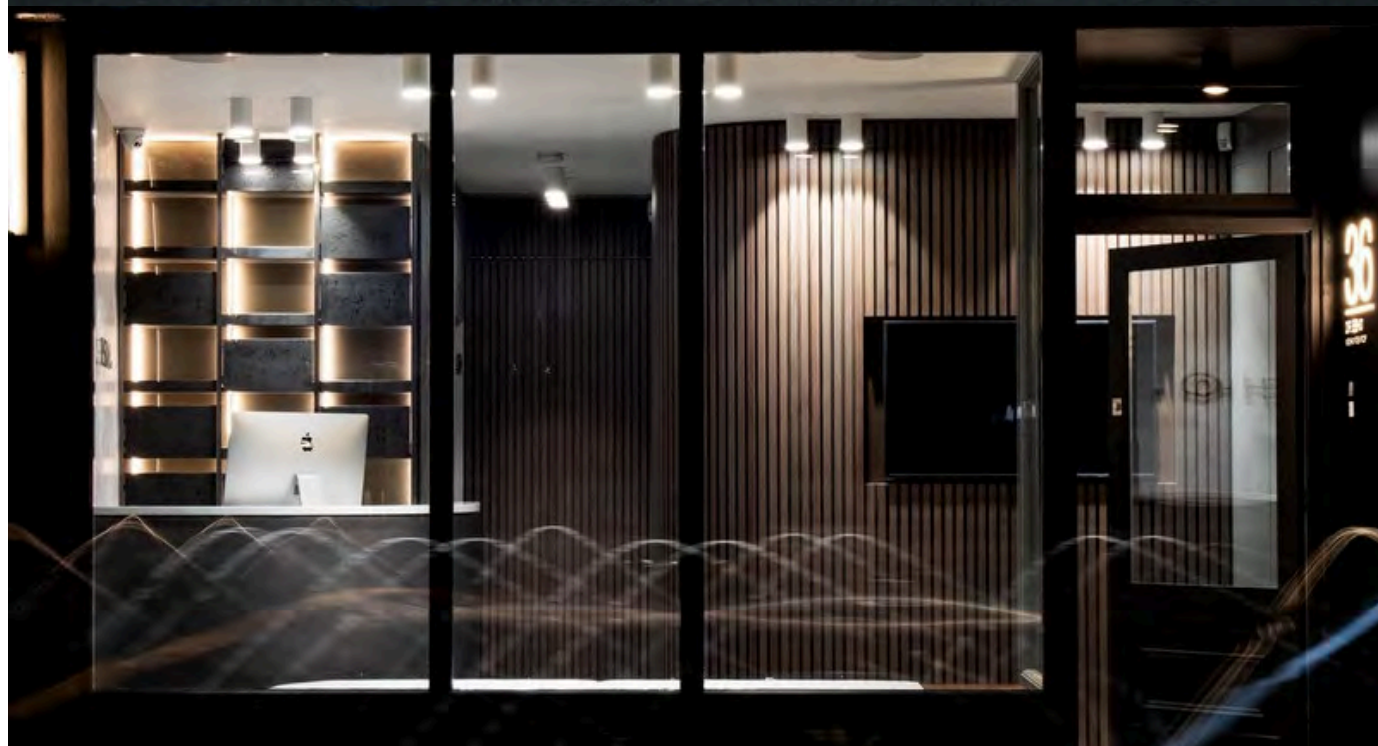
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



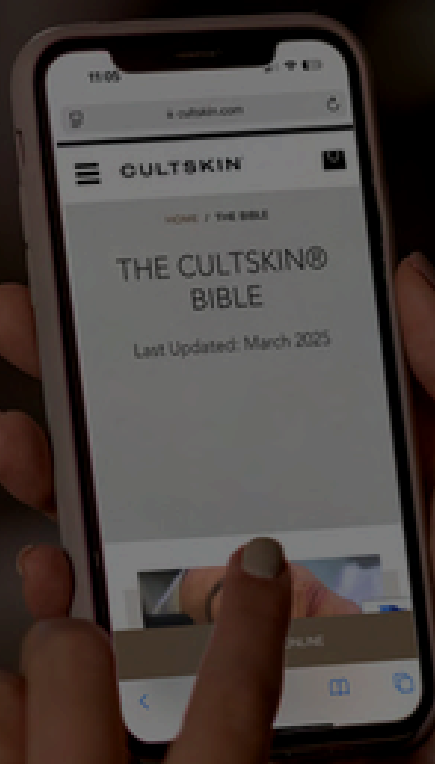
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a black t-shirt, stands in a modern interior with a textured wall and a dark vertical element on the left. His hands are clasped in front of him.

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