



CULTSKIN®

PRE AND
POSTCARE
REGEN MD
NATURAL FILLER

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REGEN MD – CELLENIS® PRP / DERMAFILLER

Cellenis® treatments use the patient's own blood components to support skin rejuvenation and, with Cellenis® DermaFiller, provide an immediate volumising effect together with regenerative benefits.

PRE-TREATMENT CARE

1-2 Weeks Before Treatment

- Avoid excessive sun exposure, sunbeds and tanning.
- Do not have treatment on sunburned, irritated or infected skin.
- Inform your practitioner of any recent facial, injectable, laser or aesthetic treatments.
 - Inform your practitioner if you have a history of cold sores.
- Inform your practitioner of any medical conditions, allergies or medications.
- Follow any individual instructions provided by your practitioner.

3-7 Days Before Treatment

To help minimise bruising, your practitioner may advise you to avoid certain medications or supplements that can increase bleeding or bruising.

These may include:

- Aspirin
- Ibuprofen and other NSAIDs
- Fish oil/omega-3 supplements
- Vitamin E
- Other supplements that may increase bruising

Do not stop any prescribed medication without first discussing this with your doctor or prescribing clinician.

24-48 Hours Before Treatment

- Avoid alcohol, as this may increase bruising and swelling.
 - Keep well hydrated.
- Avoid strenuous exercise immediately before treatment.
- Avoid aggressive skincare or exfoliation.

On the Day

- Arrive with clean skin and minimal or no makeup.
- Avoid heavy creams, oils or active skincare immediately before treatment.
 - Eat normally and remain well hydrated unless advised otherwise.
- Inform your practitioner if you are feeling unwell or have developed an infection, cold sore or skin irritation.

POST-TREATMENT CARE

Following Cellenis® treatment, it is normal to experience some:

Redness
Swelling
Tenderness
Bruising
Mild sensitivity

Small areas of firmness or unevenness around injection sites

With Cellenis® DermaFiller, there may also be an immediate volumising effect.

FIRST 24 HOURS

DO

- Keep the treated area clean.
- Use only products recommended by your Doctor.
 - Apply a cool compress if recommended.
 - Keep well hydrated.
- Sleep with your head slightly elevated if swelling is present.
 - Use clean hands when touching the treated area.
- Follow any specific instructions given by your practitioner.

AVOID

- Touching, rubbing or pressing the treated area unnecessarily.
 - Massaging the treated area unless specifically instructed.
 - Strenuous exercise.
 - Excessive heat.
 - Saunas and steam rooms.
 - Hot tubs.
 - Swimming.
 - Alcohol.
 - Excessive sun exposure.
- Facials or other cosmetic treatments.

FIRST 48-72 HOURS

- Continue to avoid excessive heat and strenuous exercise.
- Avoid facial massage unless specifically recommended.
- Avoid dermaplaning, microneedling, chemical peels and other aesthetic treatments.
 - Avoid excessive alcohol.
 - Avoid prolonged sun exposure.
 - Continue with gentle skincare.
- Do not pick or manipulate injection sites.

Bruising and swelling may be more noticeable during the first few days before gradually settling.

FIRST 7 DAYS

- Continue using gentle skincare.
- Apply broad-spectrum SPF 30-50 daily.
- Avoid aggressive exfoliation.
- Avoid strong active skincare directly over areas that remain sensitive.
- Avoid unnecessary pressure or manipulation of the treated area.
- Follow your Doctors's advice regarding when to resume facials and other treatments.

RESULTS & RECOVERY

Cellenis® PRP

Cellenis® PRP works through the growth factors released by platelets, with changes developing progressively over the following days and weeks. The treatment is intended to support collagen production and improvements in skin texture and tone.

Cellenis® DermaFiller provides an immediate volumising effect, while its biological activity continues over time to support tissue formation and skin rejuvenation. The manufacturer describes the protein scaffold as having extended resorption properties of approximately 3-6 months.

BRUISING & SWELLING

Bruising and swelling are possible following injections.

To help minimise these:

- Use a cool compress if recommended.
- Keep your head elevated when sleeping if swollen.
- Avoid alcohol.
- Avoid excessive heat.
- Avoid strenuous exercise during the initial recovery period.
- Do not massage or manipulate the treated area unless instructed.

Bruising can take several days and sometimes up to 1-2 weeks to fully resolve.

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When Should I Contact CULTSKIN® Immediately?

Contact the clinic promptly if you experience:

- Severe or increasing pain
- Rapidly increasing swelling
- Significant or unusual skin discolouration
- Skin becoming unusually pale, dusky or mottled
 - Blistering
- Increasing redness or warmth
- Pus or other signs of infection
- Any visual disturbance following facial treatment
 - Any other reaction that concerns you

If you develop severe pain, significant skin colour changes, visual symptoms or a rapidly developing unusual reaction, seek urgent medical attention.

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**

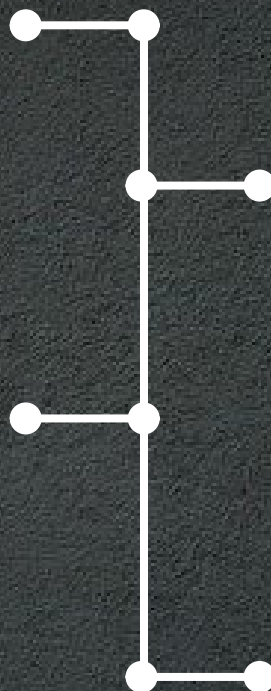


CULTSKIN® LAB

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.

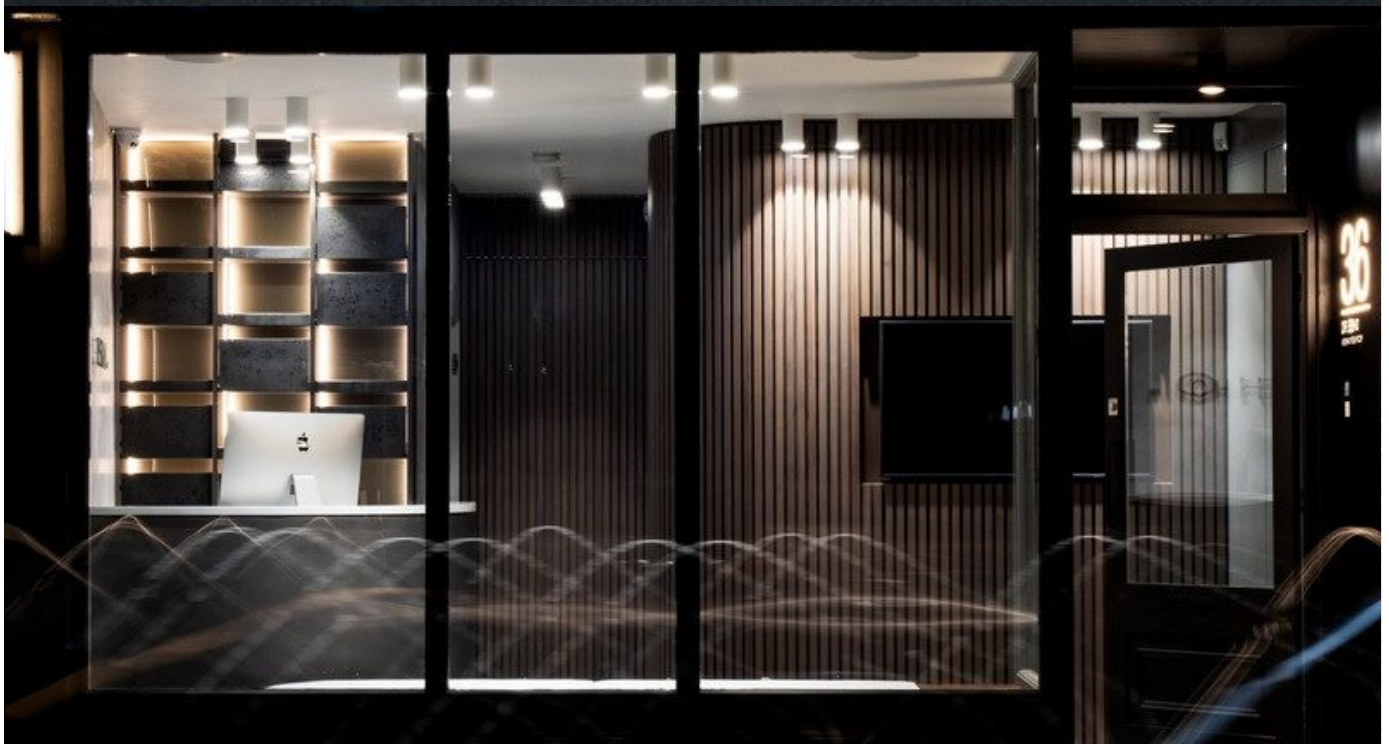
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **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



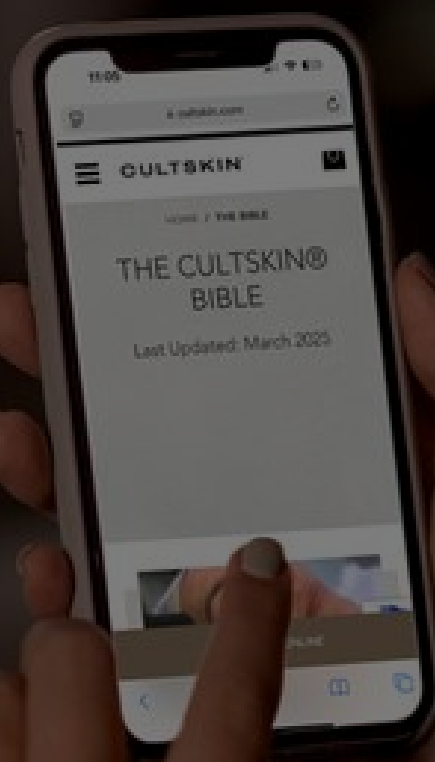
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



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

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