

The background of the entire page is a grayscale photograph of a modern interior. It features a wall with a prominent, organic, stone-like texture. In the foreground, there is a white rectangular table and two black chairs with curved backs. The lighting is soft and even, creating a clean, minimalist aesthetic.

CULTSKIN®

PRE AND
POSTCARE
INSTRUCTIONS
VISCADERM

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CULT

Viscoderm® Pre- & Post-Treatment Care

Thank you for choosing our clinic for your Viscoderm® treatment.

Before Your Treatment

To help achieve the best possible results, please follow these recommendations:

24–48 Hours Before Treatment

- Avoid alcohol.
- Stay well hydrated (aim for approximately 2 litres of water per day).
- Avoid strenuous exercise immediately before your appointment.
- Where medically appropriate and only after consulting your prescribing healthcare professional, avoid blood-thinning medications or supplements that may increase bruising (e.g. Aspirin, Ibuprofen, Fish Oil, Omega-3 supplements, Vitamin E and Ginkgo Biloba).

Please Inform Your Doctor If You:

- Are pregnant or breastfeeding.
- Have an active cold sore, skin infection, acne flare or rash in the treatment area.
- Feel unwell or have a fever.
- Have a history of keloid scarring or delayed wound healing.
- Have recently had dermal fillers, anti-wrinkle injections, laser treatment, chemical peels, microneedling or other aesthetic procedures.
- Have recently had dental treatment or have dental treatment planned within the next 2 weeks (particularly if treating the lower face).

What to Expect After Treatment

Following treatment, it is normal to experience:

- Mild redness
- Swelling
- Tenderness
- Bruising
- Small raised bumps (papules) at the injection sites
- A feeling of tightness or mild itching

The papules usually settle within 24-72 hours, depending on the treatment area and individual healing. Bruising may last several days.

Results develop gradually over the following weeks as skin hydration and quality improve.

Aftercare

For the first 24-48 hours:

- Apply a clean, cool compress if required to reduce swelling.
- Keep the treated area clean.
- Stay well hydrated.
- Avoid touching, rubbing or massaging the treated areas unless instructed by your Doctor.
- Sleep with your head slightly elevated if your face has been treated.

Avoid:

- Vigorous exercise or heavy lifting.
- Alcohol for 24-48 hours.
- Smoking where possible, as it may delay healing.
- Excessive caffeine where possible during the first 24 hours.
- Saunas, steam rooms, hot baths, hot yoga and sunbeds.
- Excessive sun exposure.
- Swimming.
- Makeup over the injection sites for at least 24 hours.
- Facial massage or beauty treatments.

PRE AND POSTCARE VISCADERM

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Skincare

For the first 24-72 hours, avoid active skincare ingredients including:

- Retinol or Retinoids
 - Glycolic Acid
 - Salicylic Acid
- Benzoyl Peroxide
- Strong Vitamin C serums
- Physical exfoliants

• Prescription topical treatments unless advised otherwise

Use a gentle cleanser, moisturiser and apply SPF 30+ (preferably SPF 50) daily.

<https://cultskin.com/product/inno-derma-sun-defense-spf-50/>

<https://cultskin.com/product/inno-derma-sun-defense-oily-skin-spf-50/>

<https://cultskin.com/product/inno-derma-soft-cleanser/>

Additional Advice

- Small injection-site bumps are expected and should gradually settle over the next 1-3 days.
 - Avoid applying pressure to the treated areas for the remainder of the day.
- Do not massage the treated areas unless specifically instructed by your Doctor.
- Drink plenty of water to support skin hydration and optimise treatment results.

Further Treatments

Please avoid the following treatments for approximately 2 weeks, or until advised by your Doctor:

- Dermal fillers
- Anti-wrinkle injections
 - Laser treatments
 - Chemical peels
 - Microneedling
- Radiofrequency treatments
- Ultrasound skin tightening
 - Facial massage

When to Contact the Clinic Immediately

Please contact the clinic or seek urgent medical advice if you experience:

- Severe or increasing pain.
- Significant swelling that worsens rather than improves.
 - Skin becoming pale, white, grey, blue or mottled.
 - Blistering or skin breakdown.
- Increasing redness, warmth, pus or signs of infection.
 - Fever or feeling unwell.
- Any sudden visual disturbance, blurred vision or loss of vision (although extremely rare when treating facial areas).

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**

Follow-Up

Your skin quality and hydration will continue to improve over the following weeks.

If you have any questions or concerns following your treatment, please contact the clinic. We are always happy to help.

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.

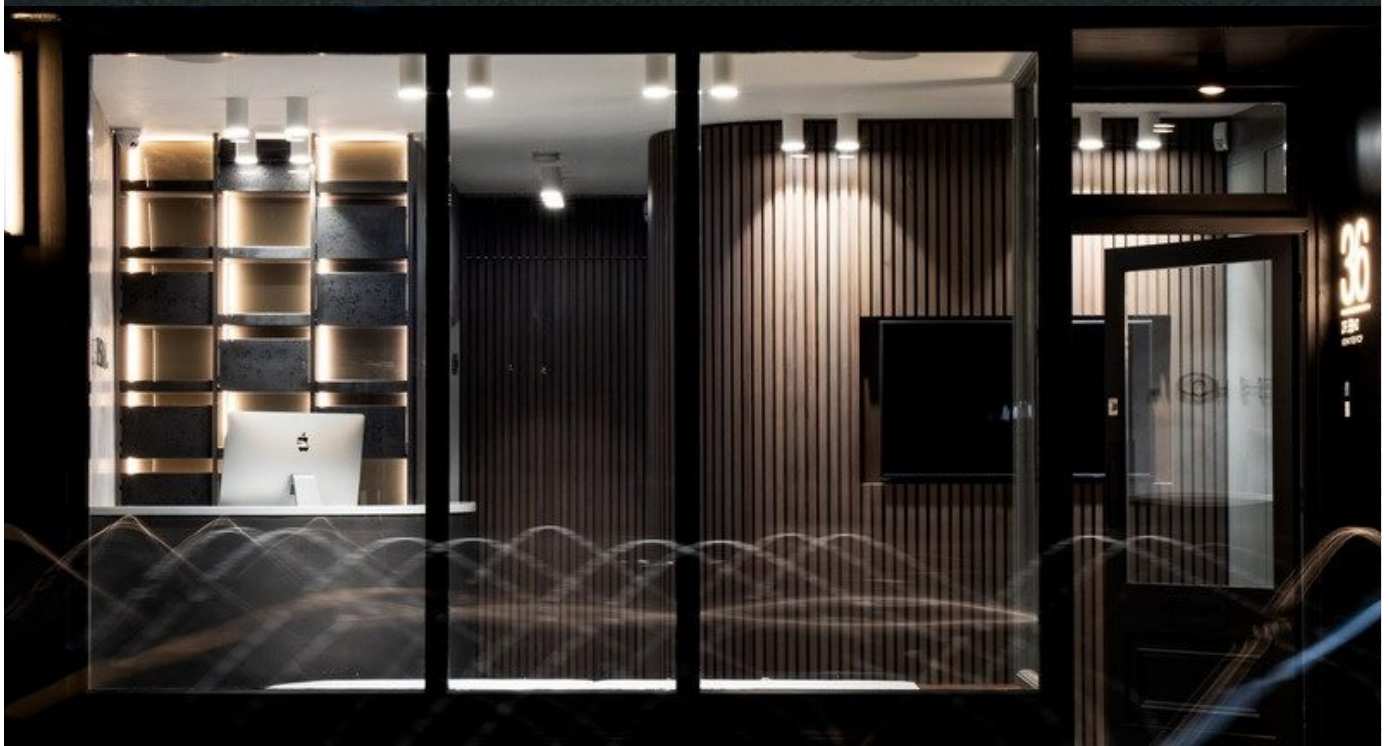
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.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



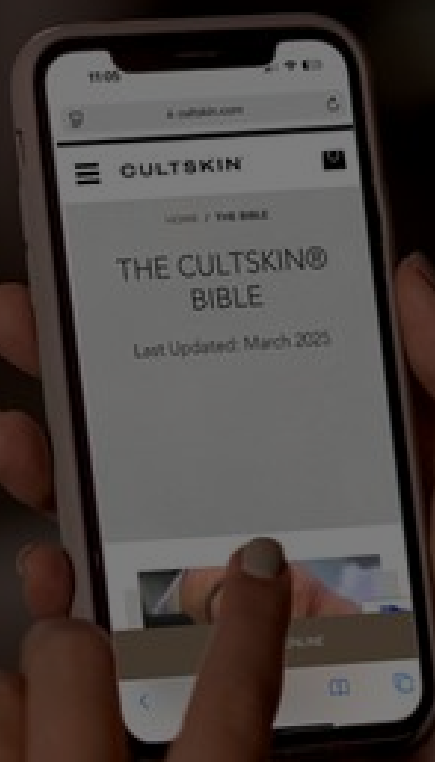
BY PHONE
02039704693



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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