

Post - Care Instructions

Energy-Based Lifting

*[Ultherapy, Thermage FLX,
Shurink, InMode Forma/FX,
Onda, Potenza Dia]*



Redness and a burning sensation may last up to 1 week.



Swelling, soreness, or temporary numbness may take 1 day to 2 weeks to fully resolve.



InMode FX: bruising is common and may last 1-2 weeks.



Avoid cold compresses and saunas for 1 week.



Avoid strenuous exercise for 3-4 days.



Moisturize diligently and always apply sunscreen outdoors.



Avoid alcohol and smoking for 7 days.



Results develop gradually over 2-3 months as collagen production increases.

For any other concerns, contact us via [WA](#) or [DM](#) on Instagram.