

h
skin clinic



LUMI EYES PRE, POST & CONSENT

www.hattyjanebeautyandskinclinic.com

Lumi Eyes harnesses the powerful benefits of mesotherapy with a specific focus on the eye area. During treatment targeted injections are carefully placed under the skin containing a nourishing blend of enzymes, plant extracts, vitamins and antioxidants. Formulated using purified salmon milk DNA, these injections stimulate the skin's natural tissue regeneration whilst ensuring deep and lasting hydration to smooth and lift undereye skin. The result is a totally safe, minimally invasive treatment with fast anti-ageing results and visible changes within just one session.

Lumi Eyes differs from other similar treatments as it focuses on boosting the tissues beneath the skin, stimulating skin cells, collagen and elastin production for effortlessly natural results. It also offers long-term skin rejuvenation with a top-up course of therapy required just twice a year in most cases.

PRE CARE

-It is crucial that you do not consume alcohol at least 24 hours before undergoing the Lumi Eyes Skin Booster injections, as alcohol can thin the blood and increase the possibility of bruising.

-You should also avoid medications like Blood Thinners, Aspirin or Anti Inflammatory's for 1 week prior to your treatment.

-Avoid extensive sun exposure / the use of tanning beds at least 3 days prior to your treatment.

(We obviously advise that you stop using tanning beds altogether because they increase your risk of skin cancer and accelerate visible signs of aging).

-In addition, please make sure you are not wearing makeup on the day of your treatment.

Helpful tips to prevent bruising at the injection point:

-As mentioned above avoid medications like Blood Thinners, Aspirin or Anti Inflammatory's for 1 week prior to your treatment.

-Take Arnica tablets for 1 week prior to your treatment and 1 week post treatment

-Up your Iron, B12 & Vitamin C intake if you are prone to bruising.

-Take 1 antihistamine before your appointment, 1 on the evening of your appointment before bed and 1 in the morning

-Drink a glass of pineapple juice for 2 days before your appointment, then 1 glass before your appointment, 1 glass after your appointment and then back to a glass a day for the following 2 days

WHAT TO EXPECT | AFTERCARE

After your treatment you will leave the clinic with 'puffy' under eyes. This is partially due to a bit of local swelling from the injections but mainly because the Lumi Eyes product is injected into the epidermal junction so it remains there for around 4 hours before dispersing through to the deeper layer of the skin.

Bruising is the most common side effect and usually shows immediately and will last for 3-5 days. There can also be some mild swelling and tenderness. This is all completely normal and generally reduces within a few days to a week. No recovery time is required, and you can return to your daily activities immediately.

Aftercare:

- If you wish to massage the injection points to encourage breakdown of the small bumps, please do so gently to avoid bruising. Ensure your hands are clean and sanitised before touching your face.

- Do not wash your face or apply any skincare products for 4-6 hours

- Do not apply makeup for 4-6 hours.

Once 24 hours has passed and you wish to wear makeup, please ensure your brushes are clean and sanitised

- Avoid exercise / sweating for 24 hours

- Avoid swimming, sauna's and spa environments for 48

- hours -Sleep on a clean pillowcase at night. Preferably Silk / Satin.

- Golden Rule: Make sure that you are also avoiding direct sun exposure. Especially tanning beds.

(Preferably forever! But if you must, please wait 7 days)

- Drink LOTS of water

CONSENT

Bruising at the Injection Point:

It is important to know bruising at the injection point can happen.

It is rare that you will bruise at each and every injection point but it is important to know it can happen. This doesn't mean anything has gone wrong or it has been administered incorrectly, it just means the end of the needle has nicked a blood vessel below the surface lower than the eye can see, which has caused the blood to come up to the surface and form a small bruise.

DO:

-Apply a cold compress to the bruise, but be sure to not press down hard -Apply Arnica Gel

-Be Patient, the bruise will go

DON'T

-Massage the area, this will cause the bruise to spread

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I am aware of the following risks/complications that may occur:

1. Mild to moderate discomfort or pain
2. Slight redness or swelling
3. Inflammation
4. Fainting
5. Bleeding
6. Bruising/Swelling
7. Risk of Infection

I confirm I do not suffer with any of the Contra-indications associated with Lumi Eyes Injections:

- Edema
- Granulomas
- Spots/acne at the injection sites
- Active Infections (skin)
- Allergy/Hypersensitivity to Hyaluronic Acid
- Scar tissue
- Pregnancy
- Breastfeeding mothers
- Body Dysmorphia
- Unrealistic Expectations
- Blood thinning medication

In the event of an adverse reaction medical help should be sought immediately.

I understand that the treatment may involve risks of complication or injury from both known and unknown causes, and I freely assume those risks. Prior to receiving treatment, I have been candid in revealing any condition that may have a bearing on this procedure.