



مركز كايلا للتجميل الطبي
Kayla Medical & Aesthetic Centre

Endolift Treatment – After Care Instructions

Kayla Medical Center

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Why After Care Is Important

Proper after-care following Endolift treatment helps reduce swelling, supports skin tightening, and ensures optimal long-term results.

First 24–48 Hours – Important Instructions

- Mild swelling, redness, or tightness is normal after treatment.
- Avoid touching, pressing, or massaging the treated area.
- Keep the treated area clean and dry.
- Avoid heavy exercise or strenuous physical activity.
- Sleep with your head slightly elevated if face or neck was treated.

What to Avoid for 5–7 Days

- Avoid sauna, steam, swimming, and hot baths.
- Avoid direct sun exposure and tanning.
- Do not undergo facial treatments, massages, or laser procedures.
- Avoid alcohol and smoking if possible.

Skin Care & Medications

- Use only doctor-recommended skincare products.
- Apply sunscreen (SPF 40 or higher) daily when outdoors.
- Take prescribed medications as directed.
- Avoid anti-inflammatory medications unless advised by your doctor.

Normal Side Effects

- Swelling, bruising, or mild discomfort in treated areas.
- Temporary numbness or tight sensation.
- Slight redness that gradually subsides.

Results & Follow-Up

- Initial tightening may be visible within weeks.
- Final results continue to improve over 3–6 months.
- Follow-up visits may be scheduled as advised by your doctor.

Patient Signature: _____

Date: _____



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