



Revitalize your
beauty, Revitalize
your soul.

VITRA
aesthetics clinic

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AFTERCARE INSTRUCTIONS



INJECTABLES

Neuromodulators (Botox, Dysport, Xeomin)

Stay upright for 4 hours until bedtime
No excessive bending the head down
No exercise for 24 hours
No prone position (face down) exercises for 24-48 hours
When cleansing skin swipe cleanser away from the eyes,
Do not scrub down into eyes
No makeup for 24 hours, except oxygenetics
No hats/goggles/helmets for 5 days
Eyebrow tweezing/threading/waxing/facial should hold off for 2 weeks post procedure

Dermal Fillers (Juvederm, Restylane, Belotero)

No exercise for 48 hours
No makeup for 48 hours, except oxygenetics
No tight clothing/apparel on the face for at least 5 days
Keep area clean
OK for ice if swelling for 10 mins per hour
Contact our office with any excessive swelling, redness, itching, fever, pain, or concerns

Kybella

You will feel numb
Ice on and off post treatment 10-15 mins per hour
Keep treatment area clean
Heated towel to be used day after treatment on and off multiple times a day - caution NOT to burn skin
Deep massage as shown by the provider 5 times a day, for 5 min, for 5 days (Rule of 5's)
Swelling of the neck may take 7-10 days to resolve
No exercise for 48 hours

SKIN THERAPIES

Thread Lifts

No exercise for 1 week.
No makeup for 48 hours post procedure- directly on port hole sites
Keep port hole sites clean with gentle cleanser, rinse thoroughly
Ice ok for swelling 10-15 mins per hour
NO large biting actions of the jaw for 2 weeks post procedure, softer food is recommended.

SKIN CARE

Sciton Moxi/ Sciton Halo

Gentle Cleanser and moisturizer post procedure
Continue to apply moisturizer (with clean hands) when skin feels dry
No makeup for 48 hours, except Oxygenetics
No exercise for 48 hours
No exfoliation for 7 days
No vitamin C or retinol for 7 days
Sunscreen can be worn 48 hours post procedure
Physical barrier can be worn right away (ie: hat)
Increase fluids post procedure
Please contact office if experiencing any itching, nausea, excessive swelling, fever or other concerns.
****SWELLING IS COMMON FOR HALO TREATMENT****

Sciton BBL HERO

Gentle cleanser and moisturizer post procedure
OK for makeup immediately post procedure
No exercise for 48 hours
No Vitamin C or retinol for 7 days
Sunscreen and physical barrier to be worn (ie:hats)
Increase fluids post treatment
Cool water/showers for 48 hours post procedure
Please contact office if experiencing any itching, nausea or excessive swelling

Chemical Peels (ZO, VI Peel, Fire&Ice)

No heat or steam 5 days post procedure
No direct sunlight 1 week - wear sunscreen
No exfoliation 1 week minimum
No exercise 48 hours
No heavy sweating 48 hours
Follow the instructions given to you

****Maintenance is required for all Non-Invasive treatments every 1-3 or 3-6 months.**

Ask our providers for your complimentary care plan and about our VVIP Membership

MICRONEEDLING

SkinPen

Gentle cleanser and moisturizer post procedure
HA gel to be used post procedure for hydration
No makeup for 48 hours, except oxygenetics
No exercise for 48 hours
No exfoliation for 7 days
No vitamin C or retinol for 7 days
Sunscreen can be worn post 48 hours, physical barrier can be worn right away (ie: hat)
Increase fluids post procedure
Please contact office if experiencing any itching, nausea, excessive swelling, fever, rash, or other concerns.

RF MICRONEEDLING

Morpheus8/ Vivace

Gentle cleansing, pat dry
Gentle moisturizer to keep hydrated
Avoid hot water directly on face for at least 48 hours
No makeup for 48 hours, except oxygenetics
No exercise for 48 hours
Increase fluids post treatment
Please contact office if experiencing any itching, nausea, excessive swelling, fever, rash, or other concerns.

BODY SCULPTING

CoolSculpting

Continue with your normal daily activities.
You may experience numbness, tenderness, minimal swelling and bruising up to 2-3 weeks in treated areas.

Spray Tanning

Wear dark loose clothing post spray tan
Avoid getting wet, washing hands, rain etc. for the next 8 hours.
After 8 hours, rinse off in the shower until all excess bronzer has come off
Pat your skin dry with a towel, DO NOT rub.
Avoid exfoliating products.
Keep skin highly moisturized to avoid blotchiness