

# HYDRA GLOW INJECTIONS

The powerful combination of your own Plasma combined with Medical grade Hyaluronic acid and Botulin Toxin is the ultimate skin treatment. Stimulate collagen, hydrate, plump, and tighten the face & neck

## HOW DOES IT WORK?

**PRP** contains a high concentration of platelets, which release growth factors upon activation. These growth factors play a key role in promoting collagen production. Collagen is a crucial protein that provides structure and elasticity to the skin, contributing to its firmness and smoothness.

**Hyaluronic injections:** Hyaluronic acid is a naturally occurring molecule in the body that has a remarkable ability to attract and retain water. When injected into the skin, HA acts like a sponge, drawing in moisture and providing deep hydration. This helps to plump up the skin, smooth out fine lines, and improve overall texture.

**Micro Tox:** By relaxing the muscles in the skin's surface, micro-Botox can help smooth out fine lines, wrinkles, and uneven texture, and can also help to minimise pore size.

# HOW TO PREPARE

1. **Avoid Blood-Thinning Medications:** Aspirin, ibuprofen, and certain supplements (e.g., fish oil, vitamin E), can thin your blood and increase the risk of bleeding during. (Consult your doctor about discontinuing these medications a few days before the treatment, if possible.)
2. **Stay Hydrated:** Proper hydration helps with blood circulation and can aid in obtaining a good-quality PRP sample.
3. **Avoid Alcohol and Smoking:** Alcohol consumption and smoking can negatively impact your body's healing process. It's advisable to refrain from these activities in the days prior.
4. **Sun Protection:** Protect your skin from excessive sun exposure in the days prior to the treatment.
5. **Topical Products:** Avoid Retinols, Exfoliation or prescribed topicals for at least 3 days prior.

# AFTER CARE

## **Have down time prepared.**

Prepare for 48 hours of redness and swelling, potential bruising and up to a week of lumpiness in the area.

1. **Avoid Touching or Rubbing:** Refrain for at least 24 hours after the injections to prevent the risk of infection.
2. **No Vigorous Exercise:** Avoid intense physical activities or excessive sweating for 48 hrs post.
3. **Avoid Heat and Sun Exposure:** Stay away from tubs, saunas, and direct sunlight for the first 24 to 48 hours after
4. **Minimal Makeup:** If possible, avoid wearing makeup immediately after the treatment to reduce the risk of infection.