

SPARKLE SHINE SPA

FIBROBLASTING AFTERCARE INSTRUCTIONS

THANK YOU

Thank you for choosing Sparkle Shine Spa for your fibroblasting treatment. Proper aftercare is extremely important to ensure the best healing, minimize complications, and achieve optimal results.

WHAT TO EXPECT

Immediately after treatment, the skin may appear red, swollen, tight, warm, and sensitive similar to a sunburn. Small carbon crusts or dots will form in the treated area. Mild swelling is normal, especially around the eyes.

Healing Timeline:

- Surface healing: 5–10 days
- Full skin regeneration: 6–12 weeks

IMPORTANT HEALING RULES

DO NOT:

- Pick, scratch, or peel crusts
- Rub or scrub the area
- Apply makeup until fully healed
- Use tanning beds or direct sun exposure
- Use saunas, steam rooms, hot tubs, or swimming pools
- Use active skincare ingredients including Retinol, Retin-A, Glycolic Acid, Salicylic Acid, Vitamin C serums, or exfoliants
- Exercise heavily for 48 hours if excessive sweating occurs
- Apply lash glue, lash extensions, or brow tint near treated areas during healing

KEEP THE AREA

- Clean
- Dry
- Protected
- Untouched as much as possible

CLEANING INSTRUCTIONS

FIRST 24 HOURS

- Gently blot lymph fluid if needed using sterile gauze
- Keep area dry
- Avoid touching with unwashed hands

DAYS 2–7

- Clean gently with sterile water, saline solution, or mild fragrance-free cleanser if instructed
- Pat dry only
- Apply **ONLY** approved aftercare products recommended by your technician

SWELLING MANAGEMENT

- Sleep elevated the first 2 nights
- Apply a clean cool compress nearby (not directly soaking the area)
- Stay hydrated

SUN PROTECTION

Once healed:

- Wear SPF 30+ daily
- Avoid prolonged UV exposure

Sun exposure can cause hyperpigmentation, poor healing, and uneven results.

NORMAL HEALING SIGNS

- Tightness
- Itching
- Dryness
- Flaking
- Small crusting dots
- Pink skin after crusts release

CONTACT YOUR TECHNICIAN IF YOU EXPERIENCE

- Excessive swelling after 72 hours
- Yellow discharge
- Fever
- Severe pain
- Signs of infection
- Unusual blistering

RESULTS & TOUCH UPS

Fibroblasting results improve gradually over several weeks as collagen production increases.

Some clients may require multiple sessions, maintenance treatments, or combination therapies for best results.

Touch-ups are typically recommended after 8–12 weeks if needed.

POST CARE TIPS FOR BEST RESULTS

- Stay hydrated
- Eat nutrient-rich foods
- Avoid smoking if possible
- Follow all aftercare instructions exactly
- Be patient with healing

THANK YOU

Thank you for trusting Sparkle Shine Spa.

Your healing journey is part of the transformation — protect your investment and allow your skin the time it needs to beautifully regenerate.