



Polynucleotide Aftercare

- **Avoid Makeup:** - Refrain from makeup for at least 24hrs, if this is not possible only mineral makeup
- **Sun Protection - SPF₅₀** (This should be applied every day even without a treatment, but it is especially important post treatment)
- **Avoid Sauna & Steam rooms** for at least 48 hours
- **Stay Hydrated** - Drink lots of water
- **Avoid Alcohol** - For at least 48 hours
- **Avoid Active Skincare** - Retinols for at least 72 hours