# Precautions After Stem Cell Skin Booster

## Precautions

1. It is advisable to refrain from washing your face, putting makeup, and shaving on the day of the procedure. However, if washing your face is necessary, it is advised to gently pat the area with water, in the evening or at night.
2. Needle marks and skin embossing may be most severe immediately after the procedure and gradually improve over 3-7 days depending on skin type.
3. Temporary dead skin cells/scabbing or skin troubles may occur on the skin, but it's best not to touch them or do anything with them as they will naturally resolve over time.
4. Maintaining adequate hydration and moisturizing the skin are beneficial for skin regeneration.
5. Avoid activities that may irritate the skin, such as saunas, steam baths, exfoliation, and massages, for 2 weeks.
6. Refrain from consuming alcohol, smoking, excessive exercise, etc. for 1 week.

**If you have any questions, please contact our clinic at (02.512.1287) to schedule an appointment for further assistance.**