

# JUNERA

## AFTERCARE INSTRUCTIONS

### (General Guidelines)

#### Treatment Overview

Junera is a minimally invasive laser treatment for skin tightening and contouring. Proper aftercare ensures optimal results and minimizes side effects (swelling, bruising, redness).

#### IMMEDIATE POSTTREATMENT (First 24–72 hours)

- Rest and avoid strenuous exercise
- No hot baths, saunas, steam rooms, or hot yoga
- Avoid alcohol for at least 72 hours
- Drink plenty of water to stay hydrated
- Apply cold compresses (wrapped in cloth) for 10–15 minutes if swelling occurs – do not apply ice directly
- Gently cleanse with mild, fragrance free cleanser
- Apply recommended arnica gel or prescribed growth factor serum (e.g., CellDerma GF5) twice daily
- Take prescribed oral medication if provided (e.g., antiinflammatory or antibiotic)

#### FIRST 7–14 DAYS

- Avoid direct sun exposure – wear broadspectrum SPF 50+ daily
- No chemical peels, microdermabrasion, facial massages, or laser treatments
- Avoid retinoids, exfoliants (AHA/BHA), and strong active ingredients
- Use only gentle, hypoallergenic skincare products
- Sleep with head slightly elevated to reduce swelling (especially for facial/neck treatment)
- Light walking is encouraged; avoid heavy exercise until cleared by your practitioner
- Light lymphatic drainage massage may be recommended – follow your clinic's specific instructions

#### LONGTERM CARE & EXPECTATIONS

- Full results develop gradually over 3–6 months as collagen rebuilds
- Attend followup appointments (typically 2 weeks, 2 months, 4–6 months)
- Maintain healthy lifestyle: hydration, balanced diet, no smoking
- Results can last up to 5 years with proper skincare and sun protection
- Use medicalgrade sunscreen daily longterm

#### WHEN TO CONTACT YOUR CLINIC IMMEDIATELY

- Excessive or worsening swelling/redness after 72 hours
- Signs of infection (pus, increasing pain, fever)
- Blisters, burns, or severe numbness
- Any concerns about healing