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## Pre-Treatment Advice

### ✔ 1–2 Weeks Before

- **No recent cosmetic procedures:** Avoid microneedling, laser, chemical peels or other injectables in the treatment area.
- **Inform your practitioner:** Let them know if you're pregnant, breastfeeding, or have medical conditions (e.g. autoimmune diseases, keloid scarring history).

### ✔ 3–5 Days Before

- **Avoid blood thinners**
- **Limit alcohol and caffeine:** Reduces risk of bruising.

### ✔ Day of Treatment

- **No alcohol** (within 24 hours).
- **Avoid wearing makeup** on the treatment area.
- **Eat beforehand:** Don't come on an empty stomach; this helps prevent light-headedness.
- **Cleanse the skin thoroughly:** Ensure the skin is fully cleansed of all residue and makeup before the appointment.

## Treatment Protocol for Full Face

**SuneKOS Performa** is used in combination with **SuneKOS 1200** as part of a treatment protocol for the full face. The first injection involves both products, with **SuneKOS 1200** providing initial structural support due to its antioxidant properties and higher molecular weight, while SuneKOS Performa enhances the rejuvenation process by stimulating collagen and elastin production more effectively. This pairing helps address deeper wrinkles, volume repositioning, and skin laxity with a more comprehensive and lasting effect compared to using either product alone.

### 3 to 4 Session Protocol



#### Techniques

- + **SuneKOS 1200:** with cannula or needle
- + **SuneKOS Performa:** HPT Technique (mid + lower third or full face)

The combination of **SuneKOS 1200** and **SuneKOS Performa** targets both surface hydration and deeper skin regeneration, providing more effective and longer-lasting results.

The protocol has been designed for optimal outcomes and the **SuneKOS 1200** and **SuneKOS Performa** combined protocol is only used on the first session. Therefore, subsequent sessions are **SuneKOS Performa only**.

## Post-Treatment Advice

### ✔ First 24–48 Hours

- **Avoid touching or massaging** the treated area unless instructed.
- **Avoid heavy make up** on the treated area for at least 12–24 hours.
- **Avoid extreme heat:** No sunbeds, saunas, steam rooms or hot showers.
- **No strenuous exercise:** To avoid sweating or pressure to the area.

### ✔ Bruising or Swelling?

- **Mild bruising/swelling is common.**
- Apply **cool compresses** intermittently (do not apply ice directly).
- **Use a post-procedure cream:** Products such as ***Revision Skincare CMT Cream*** can be used for up to 7 days post-treatment.
- **Avoid alcohol and smoking** for at least 48 hours to support healing.

### ✔ Longer Term

- **Hydrate well:** Drink plenty of water to enhance hyaluronic acid effects.
- **Sun protection:** Use broad-spectrum SPF 30+ daily to protect treated skin.
- **Use a post-procedure cream:** Products such as ***Revision Skincare CMT Cream*** can be used for up to 7 days post-treatment.
- **Resume your normal skincare routine** after 7 days, unless advised otherwise.
- **Avoid facial treatments** (e.g. deep facials, chemical peels, other injectables) for at least 7–10 days, or as advised.

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### 💡 Notes

- **Sunekos 1200** is typically the first step in a bi-phasic protocol, followed by **Sunekos Performa** for maintenance or enhanced results.
- **Treatment plans** usually involve **3–4 sessions**
- **Results develop gradually**, with full effects building over several weeks.