DR EYAS MEDANAT

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GUIDES

Glow & Brightening Therapy

A skin-brightening treatment placed into the skin to even the tone, reduce dullness and the look of pigmentation, and give a clearer, brighter complexion. It is done as a course of sessions.



1 At a glance

PROCEDURE TIME 30 minutes	ANAESTHESIA Numbing cream	BACK TO WORK Straight away
EXERCISE After 24 hours	RESULTS Gradual, over the course	HOW LONG IT LASTS Maintenance as we advise

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant or breastfeeding, have an autoimmune condition, a skin infection or a cold sore, or take blood thinners.
- Avoid aspirin, anti-inflammatory painkillers, fish oil and vitamin E for 7 days, and alcohol for 24–48 hours — unless a doctor prescribed them.
- Arrive without make-up on the treatment area.

3 After your treatment

First 24 hours

- Small bumps, pinpoint marks and redness at the injection points are expected and settle within 1–3 days.
- Do not press, rub or massage the area.
- No make-up for 12 hours.
- No exercise, sauna, steam, swimming or alcohol for 24 hours.
- Sun protection decides the result: SPF 50 every day, reapplied when outdoors.

The next week

- Avoid scrubs, acids, retinol and facials for 3–5 days.
- Avoid laser and other skin treatments on the area for 1 week.
- Use SPF 50 every day and avoid strong sun.
- Small bruises may last a few days.

4 Your recovery, week by week

Day 1–3
Redness and small marks settle.

Weeks 2–4

Skin looks brighter; next session.

After the course

A more even tone.

Call us straight away if you notice

⚠ A hard, red, hot or painful lump that appears days or weeks later.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.