DR EYAS MEDANAT

Dr. Eyas Medanat
Unit 303, 3rd Floor, Block B, Ibn Sina Building 27, Dubai Healthcare City, Dubai, UAE
+971 50 108 8378 · info@eyas.doctor

GUIDES · SALMON DNA SKIN REJUVENATION

Salmon DNA (Polynucleotides)

Polynucleotides are purified fragments of salmon DNA placed into the skin with small injections. They support the skin's own repair, improving hydration, elasticity and texture — often around the eyes, face and neck. It is done as a course of sessions.



1 At a glance

PROCEDURE TIME 20–30 minutes	ANAESTHESIA Numbing cream	BACK TO WORK Straight away
EXERCISE After 24 hours	RESULTS Gradual, from 3–4 weeks	HOW LONG IT LASTS About 6–9 months after the course

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.
- Tell us before treatment if you are allergic to fish.

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.

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

Small bumps and redness settle.

Weeks 2–4

Next session; skin feels more hydrated.

Months 2–3

Best elasticity and texture.

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.