DR EYAS MEDANAT

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GUIDES · SKIN GLOW & HYDRATION

Skin Boosters (Profhilo)

A skin booster is hyaluronic acid placed just under the skin at a few points. It does not change the shape of your face; it hydrates the skin from inside and improves firmness and glow. It is usually done as two sessions about 4 weeks apart.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
15–20 minutes	Usually none; numbing cream if you prefer	Straight away
EXERCISE	**RESULTS**	**HOW LONG IT LASTS**
The next day	From 2–4 weeks; best after the second session	About 6 months

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 raised bumps at the injection points are expected and settle within 24 hours.
- Do not press, rub or massage them — the product spreads by itself.
- No make-up for 12 hours.
- No exercise, sauna, steam or alcohol for 24 hours.

The next week

- Avoid facials, laser and other skin treatments for 1 week.
- Use SPF 50 every day.
- Small bruises may last a few days.

4 Your recovery, week by week

Day 1

Small bumps at the injection points settle.

Week 4

Second session.

Weeks 6–8

Best hydration and glow.

Month 6

Time for a maintenance session.

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.