Patients Instructions

1. Avoid direct sunlight, use sunscreen/sun coat/hat/umbrella / full sleeves.

2. Gently wash your face after waking, before bed, and after sweating.

3. Don't smoke. Smoking speeds up how quickly your skin ages.

4. Choose skin care products formulated for your skin type and those that match your skin's needs.

5. Resist the urge to scrub your skin clean.

6. Keep your hands off your face.

7. See a board-certified dermatologist if you dislike something about your skin.

8. Do not tie your hair very tight.

9. Do not use any products on your hair without consulting a board-certified dermatologist.

10. Drink plenty of water and keep yourself hydrated.

11. Eat healthy meals with proper portion of proteins, carbohydrates and fats.

12. Exercise regularly. & Stress Less.

14. MOST IMPORTANTLY STAY HAPPY AND KEEP SMILING.

Dr. Akshay A. Mirajkar
Dermatologist & Cosmetologist
M.B.B.S., DDV (Mumbai), FAM (Pune), MPH (London)

Follow us on Instagram

M AESTHETICS
A SPECIALITY SKIN CLINIC
SKIN | HAIR | LASER | ANTI - AGEING