

Staying Safe During Hot Weather

Cosmetic Surgery of The Royal Liver Building

Why this matters?

Hot weather can affect your comfort, hydration, and recovery after cosmetic procedures. This leaflet explains how to stay safe before and after your appointment.

1. Before Your Appointment

- Drink plenty of water on the day of your visit
- Avoid long periods in direct sunlight
- Wear loose, cool clothing
- Bring a bottle of water with you
- If you feel unwell due to heat, contact us before travelling

2. Travelling to the Clinic

- Avoid travelling during the hottest part of the day (12:00–16:00)
- Use airconditioned transport where possible
- If using public transport, carry water and take breaks if needed

3. During Your Procedure

We will ensure:

- A cool, comfortable treatment room
- Access to water
- Regular checks for comfort and wellbeing
- Adjustments to draping and room temperature where safe to do so.

Tell your clinician immediately if you feel:

- Lightheaded
- Nauseous
- Overheated
- Unwell in any way

4. After Your Procedure

- Drink plenty of water for the rest of the day
- Avoid sun exposure, especially after skin treatments
- Keep dressings dry and avoid sweating where possible
- Rest in a cool environment
- Avoid strenuous activity for 24–48 hours
- Follow all aftercare instructions carefully

5. When to Seek Help

Contact us urgently if you experience:

- Severe headache
- Dizziness or fainting
- Rapid heartbeat
- Excessive swelling or redness
- Feeling unusually hot or confused

If symptoms are severe, call **999**.

6. Contact Us

Cosmetic Surgery of the Royal Liver Building

Phone: _____

Email: _____