



AFTERCARE INSTRUCTIONS

DERMAL FILLER INJECTIONS

Post-care instructions

- Avoid makeup for 24 hours post dermal filler procedure
- Use a normal gentle cleanser on the day of procedure
- Avoid strenuous exercise the day of and the day after treatment (decreases bruising/swelling)
- Avoid sauna/steam rooms/extensive sun or heat for 72 hours
- Avoid blood thinning medications for 72 hours post treatment
- DO NOT massage in the injected area post treatment unless advised to do so
- DO NOT have a massage or microdermabrasion for 2 weeks post treatment
- DO NOT have IPL, laser or chemical peels for 4 weeks after injections dermal filler
- Use a sunscreen minimum SPF 30 always
- Avoid skincare with active ingredients 48 hours post dermal filler e.g. Retinol/Glycolic
- Try to sleep 'face up' and on a 30-45 degree angle to help with swelling
- You can always try an anti-histamine to reduce swelling (although swelling post filler is not a histamine reaction, in some circumstances it may help)
- If you suffer from cold sores - please buy 3 x tablets of Famvir/Famciclovir from a pharmacy in preparation for your lip filler

Possible side effects after dermal filler injections

What are the normal risks and side effects?

- Redness
- Swelling (some/not extreme)
- Bruising
- Itching
- Tenderness (should begin to settle within 72 hours)
- Asymmetry
- Lumps
- Pin prick marks

- Swelling in the injected area
 - Use icepack e.g. approx 10-15 mins per hour
 - Keep your head elevated eg. sleep 30-45 degree angle for 1st 2 nights post treatment
 - Please try and sleep on your back for 2-3 days
 - Swelling will begin to go down after 2-3 days
 - Anti-histamines may help but due to swelling not be due to a histamine response this may be negligible

● Bruising in the injected area

To heal the bruising faster

- Use icepack eg. approx 10-15 mins per hour
- LED light treatment
- Can use Arnica (topical or tablet form)
- Can use Bromelian (tablet form)
- Good concealer! Derma blend is the best coverage

Bruising can happen even when we are incredibly gentle and thorough! It is unfortunate but some bruises can hang around for a few weeks even though its RARE

Rare side effects after dermal filler injections

When to be concerned

Please contact me if:

- Redness, tenderness or swelling WORSENS after 72 hours
- Tenderness is expected PAIN IS NOT
- Skin appears dusky/mottled/cool to touch/rash
- Blisters or pustules are present
- Skin becomes painful/hot/red

IF SYMPTOMS INCLUDE:

RED ITCHY WELTS
WHEEZING
DIFFICULTY SWALLOWING
ASTHMA SYMPTOMS
DIZZINESS

PLEASE SEEK URGENT MEDICAL ATTENTION AS THIS MAY SUGGEST SYMPTOMS OF AN ALLERGIC REACTION AND CONTACT ME TO INFORM ME ONCE MEDICAL TREATMENT HAS BEEN SEEKED

REPEAT TREATMENT AND MAINTENANCE

- Fillers last approximately 3-15 months depending on the area or the type of dermal filler
- Every person is different and every desired result is different
- During our initial consultation we will discuss your treatment and maintenance plan
- Sometimes we will need to continue to build the product to get our desired result, and maintain from there
- Remember....we might not want to hear it, but our skin/bone/fat and muscle are still ageing underneath so our priorities might change!