



# AFTERCARE INSTRUCTIONS

## Dermal Fillers

### FOLLOWING YOUR DERMAL FILLER TREATMENT, SOME COMMON INJECTION-RELATED REACTIONS MAY OCCUR:

- Redness - Any redness should decrease over 6/24-hour period. A clean, light makeup can be applied to cover any redness approximately 4 hours post-treatment.
- Swelling - do not expose the treated area to intense heat or to extreme cold for two weeks following treatment. A clean, cool pack can be applied directly to the treated area. Non-prescription anti-inflammatories may prove useful in the reduction of swelling so long as you are medically suitable to take them. However, bruising may be enhanced and/or prolonged with the use of anti-inflammatories.
- Bruising – dermal filler injections can cause areas of bruising, although this would not normally be expected to occur, the eye contour being the area at most risk. Any such bruising will be temporary. If you are taking any medication or dietary supplements that can affect platelet function and bleeding time, the severity and period of bruising can be extended. Be aware that taking aspirin or similar medication may increase the likelihood of bruising. Arnica cream and/or tablets can help to minimise and resolve to bruise more quickly. Makeup can be applied to cover bruising approximately 4 hours post-treatment.
- Tenderness or discomfort at the injection site for 24-72 hours following treatment – non-prescription analgesia can be taken.
- Itching may occur for 7-14 days following treatment - Non-prescription antihistamines may alleviate any itching. These sensations will usually typically resolve within days, and many people are able to return to their normal activities the same day. Some people may react differently and may experience these reactions for longer. However, these reactions are temporary and typically resolve within 7-14 days as the skin returns to normal.

### IT IS ADVISABLE TO:

- Refrain from touching the treated areas with your hands until the pores have had a chance to close. This is to reduce the risk of infection at the site of injection.
- Makeup can be applied approximately 4 hours post-treatment - mineral is recommended.
- It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the redness subsides and where possible warm/tepid water and/or gentle skin cleansers are used for cleansing. Do not scrub. Pat to dry only.
- Refrain from intensive sunlight (e.g. sunbeds and sunbathing), saunas, steam bath for a period of at least two weeks.
- Avoid electrolysis, waxing, bleaching of the treated area for 72 hours.
- Do not swim in chlorinated water for approximately 14 days.