

STAYING SAFE AFTER YOUR APPOINTMENT

EMERGENCY CONTACT - 07397 754834

Any treatment comes with a small risk of complications. Most of these will present immediately and be easily identified whilst you are in clinic. However, in **rare** circumstances it is possible that a complication will not present until later in the day once you have returned home.

This document has been produced in order to educate you on how to recognise a complication yourself once you leave the safety of our clinic. Please do not allow this document to scare you, these complications are **very rare**.

Please contact me immediately if you experience:

- Whitening of injected area (Grey mottled skin)
- Extreme pain
- Discoloured blotches in non injected areas
- Numbness or tingling
- If the area feels cold to touch

If I ask you to film yourself performing a capillary refill test, please do not panic - this is precautionary.

You can do so by following these instructions:

With a CLEAR camera, use two fingers to apply **hard pressure** to the area of concern for 10 seconds. After 10 seconds, let go and continue filming for 5 seconds. Healthy tissues should see blood bounce back to the skin within 2 seconds after the pressure from your fingers is released. Repeat this a couple of times over the area itself and surrounding areas.



DO NOT ATTEND A&E - THEY WILL BE UNABLE TO HELP YOU IN THE EVENT OF A VASCULAR OCCLUSION

Bruising is common.

The images below are 'normal bruising'. Bruising can happen immediately, or may get worse when you leave the clinic. Bruising can peak 1-2 days after the treatment and should resolve naturally within two weeks.

