

## DERMAL FILLER AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for Dermal Filler.

- Immediately after Dermal Filler injections the treatment area may be red, tender or swollen. The redness and tenderness should improve after 48 hours. Swelling is often worse 2-3 days after injection, improved by day 5 and resolved by 2 weeks.
- For significant swelling contact me for advice. Swelling may be reduced by anti-inflammatory medicines such as Ibuprofen (after 24 hours, if safe for you to take), antihistamines and sleeping with your head propped up on 3 pillows to help drainage of fluid overnight.
- Bruising is common following treatment; this will resolve naturally but may take up to 2 weeks to settle.
- Regular application of Arnica cream may be helpful for bruising, this will be provided.
- You may feel bumps/lumps where the filler has been injected, this is normal. If there are bumps/lumps present after day 4, apply a warm compress and firmly massage the area.
- Tenderness is normal when the injected area is touched afterwards but active pain at rest is not normal. If you experience pain, you must contact me as soon as possible.
- Avoid any makeup for 24 hours after treatment as this will reduce the risk of infection.
- You may require a top up appointment if there is some mild unevenness or discrepancies noticed once the initial swelling has resolved. Top ups should not be done until 2 weeks, this is when all post-injection swelling would have resolved.
- Drink plenty of water after treatment to keep well hydrated.
- Avoid alcohol, caffeine and hot drinks for 24 hours.
- Avoid medications such as Aspirin or Ibuprofen for 24 hours as they are blood thinning agents and may worsen bruising (if these medications have been advised by your GP you must check with your GP before stopping them).
- Avoid any excess sun exposure, extremes of hot/cold, saunas, swimming or strenuous exercise until the redness and swelling has settled.
- A rare complication of Dermal Fillers is vascular occlusion in which a blood vessel is accidentally blocked with filler. Signs and symptoms include throbbing and aching pain which can be severe, paleness, a cold feeling to the tissue and purple streaky mottling tissue changes. If you notice any of these symptoms you must contact me as soon as possible, I will guide you through how to perform a capillary refill test and then assess you fully and advise further action if required.

- You must seek medical attention and contact me if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red, shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- You must seek emergency medical attention if you experience any severe allergy symptoms after treatment. Symptoms may include rash, facial swelling and breathing difficulties.
- You must read through and refer to 'Staying safe after your appointment'.
- You must me on 07397 754834 as an emergency if you notice any visual disturbance or loss of vision after the filler injections.
- Contact me as soon as possible if you notice any other unwanted side effects.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Instagram](#) or [Facebook](#) and review your experience on [Google](#). Thank you.