



PRE TREATMENT CARE

Following your treatment with hyaluronic dermal fillers we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

- Avoid applying pressure to the treated area for 24-48 hours after treatment.
- Unless directed to do so, do not massage the treated area for 24-48 hours after treatment. This includes avoiding facials, facial exfoliation, waxing, laser treatment or any other activity that applies pressure to the treatment area.
- You will notice the effect of your treatment immediately. The filler may feel like a hard gel under the skin for the first few days (particularly for structural areas of the face – jawline, chin, cheeks). This is normal and will soften and integrate into the skin tissue over 7-14 days.
- To reduce the risk of bruising and other unwanted side effects, avoid excessive alcohol for 24 hours after treatment.
- Avoid wearing make up for at least 12 hours after your treatment. You may continue your normal skin care regimen.

POSSIBLE MINOR SIDE EFFECTS

- Minor to moderate swelling for up to 3 days following treatment. This is normal and some areas can take up to 7 days to settle e.g., lips.
- You may notice some swelling and pin-point bleeding at the injection sites following treatment. This is normal and will settle in a few hours.
- You may experience minor to moderate bruising at or around the injection sites. This is sometimes unavoidable and will settle in a few days. Please contact the clinic if you are concerned about bruising.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.