

AFTERCARE

For all dermal filler treatments

Do not touch or massage the area.

Avoid applying make up to treated areas for 24 hours. Massaging can risk moving the placement of filler.

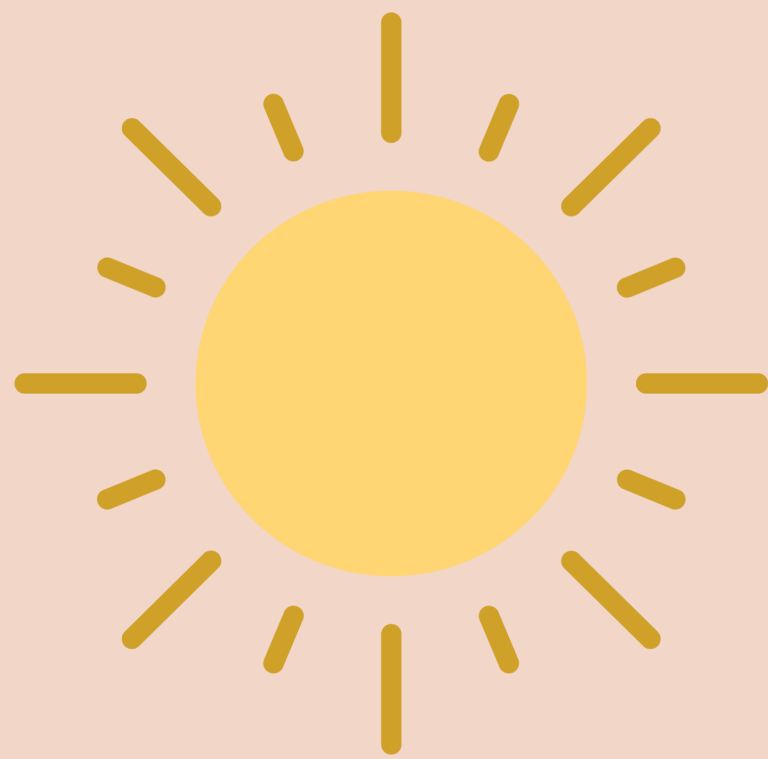
Avoid strenuous exercises for 48 hours.

As it can potentially cause migration of filler & prolong swelling.

Drink plenty of fluids.



This will help reduce swelling.



Avoid extreme heats.

please do not expose the area to intense heat for 2 weeks. Eg sunbeds, sunbathing or extreme cold.

Cold compress.

Avoid directly applying ice. Cool packs are preferred.



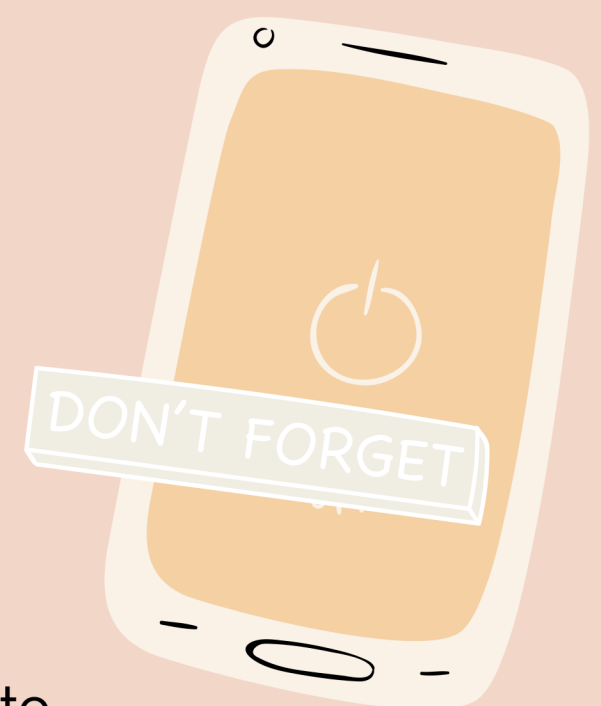
Take regular prition to help reduce swelling.

Avoid ibuprofen, Continue to take any prescribed anti platelets.



Set a reminder at week 4!

This is your opportunity to review how the area has settled and to update me.



REMEMBER

Trust the process.

Lumps and bumps are normal to feel in the first 4 weeks!

Swelling can appear uneven, allow for swelling to subside.

You may be able to feel the filler which can feel hard.

Facial fillers will enhance and improve over the coming weeks.

Lip fillers will go down alot, the initial size is often just swelling.

It often will take more than one appointment to achieve results.

Monitor the treated area for any signs of vascular occlusion/compromise or infection.