

PROFHILO AFTER CARE

Aftercare details

- Most people can continue with normal activities. Some will have some redness, pin prick marks. Bruising is possible. An internal bruise is also possible, known as a haematoma/blood blister. This is an enlargement of tissue due to the accumulation of blood cells and fluid from the area. Please do not try to squeeze or pick. This will subside in a few days.
- The product is injected in small 'deposits', you may be able to see them initially, but they settle usually within hours. It may be possible to feel the product where it has been injected under the skin. It will settle, there is no need to massage.
- Immediately after treatment, it is likely there will be some small red raised weals in the treated area. This is a normal result of the injections. These symptoms are temporary and generally disappear within a few days- in most cases there is nothing to see after just a few hours though you may be able to feel the injection sites as small bumps. This is normal.
- Make-up should not be worn for 12 hours.
- You are advised to avoid alcohol and vigorous exercise for 48 hours.
- Avoid sunbathing, and extremes of heat or cold for 14 days post treatment.
- Any bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment.
- Tenderness should settle as swelling and bruising goes down.
- Please contact us: If redness, tenderness, itching or swelling worsens after 3 days, rather than settling or you notice blanching, mottled bruising/redness, or pain (beyond tenderness as you would expect with bruising or swelling).

If you are experiencing problems or have some concerns, please contact us on 01707 662477.