

Dermal Filler Aftercare

- You may experience mild redness, swelling or tenderness post-injection. This is normal and is to be expected.
- Bruising may occur immediately or just after injection.
- Do not rub, touch, press, or manipulate the injected areas for a minimum of 6 hours after your injectable treatment.
- Avoid: Aspirin, Vitamin A and Vitamin E or any other essential fatty acids at least 3 days after treatment. Also, avoid taking Motrin, Flax Oil, Gingko Biloba, Garlic and Cod Liver Oil.
- Avoid vigorous exercise, sun and heat exposure for 2 days post-treatment.
- Avoid the use of Retinol or any exfoliative products for 2 days after treatment.
- Avoid cosmetic treatments such as facials, microdermabrasion, laser, ultrasound and peels for 2 weeks after your treatment.
- Avoid wearing makeup or lipstick until the day after your treatment.
- If you have had cold sores or oral herpetic infection in the past, any treatment to your face may trigger reactivation.
- One side or area of your face may heal faster than another side.
- The treatment area is best reviewed at least 2 weeks post-treatment.
- There is no requirement to stop medicines after injection with hyaluronic acid fillers.
- Please continue all medications prescribed by your doctor, hospital or consultant.
- Please get in touch with your healthcare practitioner without delay if you experience any of the following after your treatment:
 - Any pain in the eye area or visual disturbance
 - Discoloured blotches, which may appear to look like a spreading bruise
 - Skin blanching, which may appear to look like areas of skin whitening
 - Severe or increasing levels of pain
 - Pustules and/or blisters on the skin
 - If your skin becomes red, inflamed and hot to touch
 - If your skin becomes increasingly swollen
 - If your skin becomes increasingly itchy

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