

## AFTERCARE

### DERMAL FILLER TREATMENT



You have undergone a dermal filler treatment where Hyaluronic Acid (or Synthetic Calcium Hydroxylapatite in the case of Radiesse®) has been placed in the skin.

This treatment is used to reduce the appearance of deeper folds in the skin (e.g. Marionette Lines or Nasolabial Folds) or to enhance and provide additional contour to facial features, such as lips, cheeks, chin and jawline.

You may have some swelling, redness and bruising which should subside within the next 1-14 days. Arnica Tablets / Gel or Vitamin K Oxide cream can be used.

### HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

You should see the effects immediately, although the final results will become clear once any swelling has gone down.

Our most commonly used dermal filler, Teoxane, lasts 6-9 months on average. Radiesse® and Juvederm Voluma® last for 12 - 18 months on average.

We will contact you to let you know when a good time would be to review your treatment plan and advise of any subsequent treatments you may wish to book.

### POST TREATMENT CARE TIMELINE

THE NEXT FEW HOURS	TODAY	TOMORROW	THE NEXT WEEK	THE NEXT 2 WEEKS
✗ It is advisable that you do not touch the area for <b>6 hours</b> .				
✗ Don't apply makeup for approximately <b>6 hours</b> unless it is mineral based.				
✗ If you have had a local nerve infiltration injection please do not consume any hot or cold drinks until your sensation has returned to normal. You must also be careful when eating so as to avoid biting your lip.				
✗ For the next <b>48 hours</b> , avoid exposure to UV or extreme heat (e.g. sauna, steam, sun beds, very hot showers, strenuous exercise) as this may increase discomfort & swelling.				
✗ Avoid facial massages or skin resurfacing <b>until the area has healed fully</b> .				
✓ If you experience any lumpiness in the implantation area, it can be gently massaged to help smooth it out.				
✗ Avoid extreme cold, including ice packs that are directly applied to the skin. If necessary you can apply a cool compress to the area to reduce any discomfort or swelling.				



### WHEN TO SEEK URGENT REVIEW

**Allergy or Infection** is the only possible side effect that would benefit from an urgent review by your clinician. Thankfully, they are extremely uncommon. If you get a painful or itchy bump or swelling near an injection site, then please contact us immediately.

**Pending Necrosis**, though extremely rare, needs immediate attention to prevent scarring. It is caused by filler or swelling disrupting the usual blood supply causing discolouration (pale or dusky coloured skin) usually associated with pain within the first few hours after a treatment. Higher risk areas are in the forehead or frown area, and the corner of the nose. It can occur in many places however. It requires an immediate return to the clinic or if after hours to A+E.

**Anaphylaxis**, is extremely rare but is a serious condition, typified by feeling unwell and developing swelling, rashes, redness or blotching around your face and you may experience difficulty in breathing and talking. Seek urgent medical attention by calling 999, explaining your concern is ANAPHYLAXIS. If you experience this at your appointment, your clinician is trained to recognise the symptoms and deal with this.

If you have any questions or need any advice, then please do get in touch.