



## Dermal Filler Aftercare

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It is very important you follow the post treatment care advice carefully to help make the results as successful as possible and to reduce the risk of complications..

### Post-treatment advice includes:

- Redness, swelling, mild itching, bruising, discomfort and tenderness on or around the injection area site generally resolves within a few days, although it can take up to 14 days for full resolution. If you are concerned about your results or any potential side effects please contact your practitioner as they are best placed to advise and support you.
- Avoid wearing make-up on the day of treatment.
- You may be slightly numb after your treatment so please take care with hot drinks or food until full sensation has returned.
- Do not expose the treatment areas to extreme heat (solarium/sunbathing) or extreme cold until full resolution of any redness and swelling/ Apply UV protection when outside.
- Refrain from touching or vigorously massaging the treated areas unless instructed to do so by your practitioner.
- If you have had treatment to your cheeks or eye area please try to sleep on your back for the next 2-3 nights and refrain from wearing swimming goggles for 3 weeks.
- Avoid excessive alcohol intake or vigorous exercise for the first 48 hours following treatment as this may enhance bruising.
- Please continue with your skincare regime as directed by your practitioner.
- Due to clinical guidance post COVID-19 Vaccine, we advise no dermal filler injections 2 weeks before or 3 weeks after vaccine due to risk of swelling.

**If you experience any of the following please contact the clinic or practitioner immediately: increasing redness, increasing swelling, increasing discomfort, increasing heat in treatment area, pus, pale skin around the treatment area, purple or dusky skin (that is not caused by bruising), crusting or small pustules.**

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Out with clinic hours please call NHS 24 on 111 if you have any medical emergencies.