

# PRE-TREATMENT ADVICE

## DERMAL FILLER

PLEASE FOLLOW YOUR PRE-TREATMENT CARE ADVICE FULLY FOR YOUR HEALTH AND WELLBEING. AS WELL AS THE EFFECTIVENESS AND LONGEVITY OF YOUR RESULTS

- Avoid consuming alcohol for 24 hours before and after your treatment.
- Avoid taking any blood thinning medication, supplements or anti-inflammatory treatments for 1 week before your treatment.
- If you suffer from coldsores, please start your antiviral tablets 5 days before your treatment (for lips and nose treatments).
- Avoid applying topical products that contain Tretinoin, Retinol, Glycolic Acid, Alpha Hydroxy and other anti-ageing products for 48 hours before your treatment.
- Ensure you have had food and drink before your treatment to avoid feeling light-headed during or after your treatment, and make sure you are fully hydrated by drink 2/3L of water prior to your treatment.
- Avoid taking herbal remedies and supplements including St. Johns Wort, Primrose Oil, Fish Oils and Vitamin E for 1 week before treatment.
- You can take Arnica and Antihistamine tablets in the days leading up your treatment to help reduce the risk of swelling and bruising.
- Avoid waxing, tweezing, threading or bleaching the area being treated 2/3 days prior to treatment.
- Please ensure that your treatment is scheduled at least 2 weeks before any special events.
- Expect some bruising and swelling and tenderness of the treatment area for up to 1 week after your treatment.

IF YOU NEED FURTHER HELP, OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT PLEASE GET IN TOUCH

# AFTERCARE ADVICE

## DERMAL FILLER

PLEASE FOLLOW YOUR AFTERCARE ADVICE FULLY FOR YOUR HEALTH AND WELLBEING. AS WELL AS THE LONGEVITY AND EFFECTIVENESS OF YOUR RESULTS

- Avoid touching or applying skincare or cosmetic products to the treatment area for 6 hours after your treatment.
- Apply an ice compress to the treatment area to help ease swelling and discomfort.
- Use Antihistamine tablets to help reduce swelling.
- Avoid alcohol consumption for 24 hours after your treatment to avoid bruising.
- Avoid strenuous exercise for 24 hours after your treatment.
- Avoid any blood thinning or anti-inflammatory medication for 48 hours after treatment.
- Keep well hydrated - drink 2/3L of water everyday after your treatment for 3 days.
- Expect some tenderness, swelling and bruising in the treatment area for up to 1 week after your treatment.
- Swelling will be at its peak the evening of, and day after your treatment, this will gradually subside, normally within a few days and fully within 2 weeks
- You can use Arnica tablets to help reduce bruising and promote healing.
- Avoid sun exposure and sun beds for 2 weeks post treatment.
- Smoking, alcohol consumption, dehydration and sun exposure will all reduce the longevity of dermal fillers.

**If any SKIN DISCOLOURATION or INTENSE PAIN or an INCREASE IN SWELLING occurs, or abnormal swelling occurs for more than 3 days please consult your technician or your doctor.**

IF YOU NEED FURTHER HELP, OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT PLEASE GET IN TOUCH