



Anti-Wrinkle Injections Post Treatment Advice

After treatment it is not expected that you will see an improvement immediately however the final result takes approx 2 weeks to become visible. You may be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal treatment plan made, if necessary.

Small red spots on the skin usually disappear in a few hours. Transient stinging of the skin is normal after injection (10-15 minutes). If bruising is to occur, it is usually apparent at day 2-3 and will typically resolve over 5-10 days.

Should you experience any unexpected side effects or any that concern you, please contact the clinic as soon as possible.

What to do after treatment

- Drink plenty of fluids but avoid hot drinks
- Please do not wear make up for 12 hours
- The evening of treatment, you may gently wash your face and use your regular wash and lotions
- You may gently apply a cool compress to any red or swollen areas for the first 48 hours to help decrease the swelling. No pressure is to be exerted onto the face. The compress should only be gently placed on the treated areas

What NOT to do after treatment

- Do not massage the area treated for the first 2 days following treatment. No facials, waxing or massage for the first 2 weeks
- No strenuous exercise for at least 14 days but light exercise such as walking is ok
- Do not have a sauna, hot tub or go in a tanning booth for 2 weeks after treatment. Always wear a broad spectrum, high factor sun protection (SPF 30-50) on the face, neck, décolletage and hands
- Do not have radiofrequency, IPL, laser or any other heat treatments near the treated area for 2 weeks.

What to watch out for after treatment

- If you notice any skin colour changes, such as an area of skin becoming purple or red, or experience bruising which appears abnormal, please ***contact the clinic immediately***
- If you notice an ***increase*** in pain in the area treated in the days after your procedure, ***please contact the clinic immediately***
- If you feel the swelling in the lip or around the eye is significant, please contact the clinic for further help

Bruising Advice

A degree of bruising is ***normal*** after your procedure. This is the way that the body heals and is a normal function. Bruising can be helped by taking oral arnica or using arnica cream

Please ensure you discuss your overall treatment programme with your clinician as this will enable you to receive the best results from treatment.

Est-Ethics
170 Ingram St
Italian Centre
Glasgow
G11DN

0141 343 24 24
admin@est-ethics.com

www.est-ethics.com

