

### Dermal Filler Post Treatment Advice

After treatment it is expected that you will see an improvement immediately however the final result takes some weeks to become visible due to the amount of time needed for the new collagen formation to begin. You may be invited to attend a review appointment at 2-3 weeks where the success of the treatment.

Small red spots on the skin usually disappear in a few hours. If bruising is to occur, it is usually apparent at day 2-3 and will typically resolve over 5-10 days.

#### 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 more quickly.
- Remain upright either sitting or standing for as long as possible and sleep with 3 pillows at night whilst there is swelling present.

#### 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
- Do not take any anti-inflammatory medication for 24 hours after treatment as this may increase bruising. You may take paracetamol or codeine if you are uncomfortable
- Do not consume alcohol for 24 hours after receiving treatment
- 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

#### 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

#### Swelling and Bruising Advice

A degree of swelling and sometimes bruising is *normal* after your procedure. This is the way that the body heals and is a normal function. Here are some ways to speed up this process by following the guidelines below; there are no faster ways to speed this process unfortunately.

##### **Swelling can be helped by:**

- Sleeping with 3 pillows at night
- Using ice or cold compresses regularly

##### **Bruising can be helped by:**

- Taking oral arnica or using arnica cream
- Not exercising 24 hours after your procedure
- Not taking aspirin 4 days or ibuprofen

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

