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# **FILLER INJECTIONS**

## **Pre & Post Treatment Instructions**

The following is a guideline, if you have any queries, please contact us.

### **Pre-Treatment Care**

- Please do not wear makeup to the clinic: if worn, please remove prior to treatment.
- To minimise the risk of bruising:
  - Avoid aspirin or aspirin containing medication for a week before the procedure.
  - Avoid alcohol for 24hrs prior to your treatment.
  - Make sure you discuss with your Doctor/ Nurse any bleeding tendencies and current medications being used.
- Get a good night's sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of treatment prior to the appointment.
- Drink water and keep your body hydrated.
- You may take paracetamol half an hour before the procedure. If necessary, to minimise discomfort, topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your doctor / nurse.

### **Post-Treatment Care**

- Although the treatment is well tolerated by most patients, you may take paracetamol for any discomfort. It is advised to NOT take aspirin or aspirin –containing medication for 24 hours after treatment.
- Immediately after the treatment there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal following injection. The discomfort is temporary and generally resolves within a day or two. If it continues or if other reactions occur, please contact our clinic.
- The initial swelling after lip treatment may last longer. Some patients experience swelling for about a week and the lips may look somewhat uneven during this time. This means that the results directly after treatment should not be seen as the final result.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing).
- Other reactions are very rare and include inflammation of the injection site with the rejection signs like granuloma formation. Some of these reactions may need treatment but generally resolve within few weeks or months.
- Do not use any lotions, creams, or make-up (Mineral make-up may be applied immediately following the procedure) for at least 6 hours after your treatment.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area(s) for a few hours.
- Drink water and keep your body hydrated.
- Alcohol should be avoided for 24 hours after treatment.
- Avoid strenuous exercise (perspiring) for 24 hours following treatment. You may otherwise resume normal activities.
- Do NOT Rub or Massage the area for 7 days, thereafter, light massaging can be carried out to even out any lumpiness.
- If you have previously suffered from Facial cold sores, there is a risk that the needle puncture could contribute to another eruption of cold sore. To prevent this, antiviral treatment prescribed by your doctor might have to be taken from the day before treatment until a week after the treatment.
- Finally, since Dermal Fillers gradually dissolve, the correction does not last forever. Many people choose to repeat treatment within few months to a year of the original treatment.

**Emergency Number to be used during out of office hours: 077 9506 5621**