



Allen Rezai M.D.

Consultant Plastic, Aesthetic & Reconstructive Surgeon

# **PROFHILO<sup>®</sup> TREATMENT**

## **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 it prior to treatment.
- To minimise the risk of bruising:
  - Avoid blood thinning and anti-inflammatory medication such as but not limited to Aspirin, Voltarol Ibuprofen 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 blood thinning and anti-inflammatory medication such as but not limited to Aspirin, Voltarol Ibuprofen 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.
- 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. We also recommend that you do not go to the gym, sauna's, steam-rooms or swimming on the same day as treatment; and avoid touching the injection site. You may otherwise resume normal activities.
- Do NOT Rub or Massage the area as Profhilo leaves no lumps and bumps due to its consistency and high spreadability.
- 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.
- For optimum results, two treatments are recommended with a four-week interval. Some patients may notice changes in their skin within the first week, however optimum result is expected around 4 weeks after the second treatment.
- Profhilo can be repeated twice a year to maintain the results.

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