



## Dermal Filler Aftercare

You are likely to experience some swelling, redness, tenderness and itching immediately following your dermal filler injections. These usually subside within the next 24/48 hours. Swelling can sometimes increase in the first few hours, then start to subside.

For the first few days you may feel lumps and bumps at the injection sites, and these should gradually improve over the first week or two as the fillers settle into the tissues and soften. The final result can therefore be seen at around 2-4 weeks.

You can apply a cold compress (not freezing) to the area for 10 mins with a break of 30 minutes in-between to reduce swelling and discomfort.

Mild analgesia such as paracetamol can be taken if appropriate but please try to avoid ibuprofen, aspirin and other blood thinning medication for the first 24 hours following treatment to avoid unnecessary bruising.

Do not touch the treated area for 24 hours and avoid applying make up for the same duration to reduce the risk of infection. Be very careful if you have children / pets at home and always ensure to wash your hands if touching animals/ food etc in case you accidentally touch your face.

If you suffer from cold sores the needle trauma may contribute to an outbreak, please discuss this with your practitioner straight away if you have not already.

Saunas, steam rooms, sunbeds and any extreme temperatures should be avoided for the first 48 hours.

Please avoid strenuous exercise for the first 48 hours.

Avoid other treatments such as facials, waxing, semi-permanent make up etc. for 2 weeks but please discuss any queries with your practitioner if you are unsure.

Fillers should soften within a few weeks, if your filler ever feels more firm / hard or you develop hard lumps/nodules at any stage you must contact us immediately as this could be a sign of an immune reaction and will need to be treated promptly.

If you have any worries, experience prolonged side effects or any of the following: skin cold to touch, skin colour changing, loss of sensation, vision changed, or extreme pain, please contact your practitioner as soon as possible.

In case of queries or for urgent advice please call us on:

**01843 639861 or 07468 526494**

