

Dermal Filler Aftercare Sheet

What to expect:

- The treated area may be numb for a few hours due to the use of local anaesthetic.
- Bruising, redness and swelling are common side effects, and may be uneven. This will improve gradually over 7 days.
- You may experience some discomfort at the treatment area for 2-3 days. Please take over-the-counter pain relief (paracetamol) as necessary for this.
- Small lumps may be present. These generally resolve gradually over 4 weeks.

Post-care Instructions

- Refrain from touching the treated areas and applying pressure for the day of treatment
- Please avoid applying makeup to the treated site for 24 hours to reduce the risk of infection.
- Avoid strenuous exercise for 24 hours to reduce the severity of swelling and bruising.
- Refrain from hot showers and other high temperature environments for 48 hours e.g. spas, saunas, hot yoga, steam rooms. Abstain from excessive alcohol for 48 hours to reduce the risk of bruising.
- Delay any non-urgent invasive dental procedures for 2 weeks to reduce the risk of infection.
- Avoid airplane travel for 5 days. Avoid UV exposure for 48 hours post treatment
- We recommend waiting at least 2 weeks before resuming any facial treatments such as lasers, microneedling, peels etc
- If you have any concerns regarding your treatments including: severe pain, red or white skin discolouration and for all treatments signs of infection (pain, heat or surrounding redness) please notify the clinic immediately on 0413000228.