

# AFTERCARE

## DERMAL FILLER AFTERCARE



Dermal filler is a smooth injectable gel containing hyaluronic acid designed to replace the hyaluronic acid you have lost. It does this by filling the space of volume loss which improves folds and wrinkles, as well as attracting water to replenish moisture to your skin.

- Due to the anaesthetic in the gel, you may feel numbness or tingling immediately after the procedure, and have some moderate swelling, redness, bruising and tenderness over areas treated.
- Some people experience a dull ache, and tenderness over the treated areas which subsides between 48-72 hours.
- Mild, non-painful swelling can last for up to 2 weeks. Bruising is usually visible initially, then more obvious the next day before fading over 7 to 14 days.
- A small minority of bruises can last for 4-6 weeks.
- For 48 hours you should avoid exposure to UV light and heat i.e. sauna, steam, sun beds, hot showers, strenuous exercise etc, as this may increase discomfort and swelling.
- Keep the area cool with a cold compress, but don't apply ice which can cause injury.
- Avoid facial massages or skin resurfacing until the area has healed fully.
- Reduce the risk of infection and reaction by not touching the area for 6 hours.
- Do not apply make-up over injection points until the day after the procedure.

Serious complications are rare, but it's vital you seek urgent review if anything like this occurs 48 hours. All these symptoms may indicate a need for medical assistance from your clinician or family doctor if you are unable to see us, but please contact us so we can advise.

If you have any concerns following treatment, do not hesitate to contact us on 07907 005255. If this is outside of normal hours, please leave an answerphone message and we will normally get straight back to you.