



DERMAL FILLERS

Post Care

DO NOT

- Rub or touch the treated area
 - Consume alcohol for 24 hours post
 - Apply makeup or creams/serums to the treated area for 12 hours
- Lie down for the next 4-6 hours

AVOID

For the next 24 hours

- Strenuous exercise,
- Exposure to any heat treatments - LED, sauna, steams,
- Extreme heat/cold especially if treated with lip filler
- Avoid Blood thinning medicines such as ibuprofen, aspirin or diclofenac
- Facial laser for up to 4 weeks post
- Swimming & Tanning for 48 hours

We encourage you to drink plenty of water.
Bruising , lumps & bumps can occur this is normal & temporary so do not be alarmed.

Please allow 2-4 weeks for final results as the filler does take time to integrate with our tissue.
Follow up is recommended

Your cosmetic Nurse Injector will explain signs & symptoms of Necrosis, what to look out for & what to do if you suspect this. Any issues, call or message the number provided post treatment