

After-Care Instructions: Dermal Fillers

Results can be seen immediately, but full effects are not seen for 2 weeks, the time it takes any bruising or swelling to fully resolve. Hyaluronic acid fillers are fully resorbable and are naturally broken down by the body. Their effects vary, but typically last between 6-12 months.

Do's and Don'ts

- You can resume most normal activities immediately after treatment.
- Avoid touching the area for 6 hours after the treatment. If you notice any bruising, applying an ice pack or using arnica may help minimise this.
- Avoid lying down for 6 hours and try to sleep face up that night to avoid repositioning of the filler.
- It is best not to apply makeup or lipstick for 12 hours.
- Avoid exercise for 24hrs after treatment (this can increase the risk of bruising).
- Avoid alcohol, smoking, caffeine, hot drinks and spicy food for 24hrs after treatment as these may exacerbate bruising and swelling.
- Avoid extremes of heat for the first 48 hours after treatment. For example saunas, steam rooms or sun exposure.
- Avoid anti-inflammatory drugs (such as ibuprofen or aspirin) or supplements (St Johns Wart, Cod Liver Oil, Vitamin A, B or E) for 2 days before and after treatment, as these can increase your risk of bruising.
- Avoid cosmetic products containing Retinoids for 3 days either side of the procedure.
- Do not wear compressive masks, helmets or goggles for 14 days after treatment. Similarly avoid lying face down on treatment tables. (eg massages).
- Avoid chemical peels, dermabrasion or laser treatments 4 weeks either side of the procedure.
- If any lumps occur, gently massage the areas 2-3 x daily for 3-4 days with your fingers and a greasy moisturiser. If no lumps are visible, you do not need to massage the area.
- Make me aware of any history of cold sores as outbreaks after the treatment can be prevented with medication.

IMPORTANT NOTE: In some treatments there is a very small risk that the dermal filler will press on small blood vessels causing a reduced circulation of blood to the skin or the eyes. Fortunately, these are very rare. But please contact me immediately in the event that this occurs.

If you suffer any allergic responses, prolonged generalised symptoms or have questions or worries please do not hesitate to contact me on 07702 389 636.

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