

## Dermal Filler Aftercare Advice

Recovery instructions:

Post treatment redness at the injection points will reduce within 1-2 hours. There may be swelling and bruising and an itching sensation in the treated area which could take 2-14 days to recover. It is normal for the filler under your skin to feel firm and tender to direct touch, but this will soften and become less sensitive over 2-4 weeks.

***It is not uncommon for some patients to experience swelling for up to two weeks and with lip treatment up to 4 weeks***

To prevent the risk of infection avoid touching the treated areas and do not apply make up for 6 hours.

Avoid touching the treatment area 6 hours after the treatment. After that the area can be gently washed with soap and water and light make-up can be applied.

Post treatment you should avoid for 48 hours:

- Extreme temperatures.
- Swimming pools / spas / saunas.

Common side effects:

- Swelling
- bruising
- redness
- discomfort at the injection points

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores.

If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site.

## Adverse reaction awareness:

- Discolouration of the skin which looks different to bruising.
- Spontaneous pain or discharge at injection points.

If you believe you are having an adverse reaction to your treatment, which is outside of the listed common side effects, then please:

- During clinic hours call us immediately.
- Out of hours – call our emergency contact number and e-mail us if possible.

If the phone is not answered please leave a message or text message, the number is monitored and we will contact you immediately.

## Emergency contact details:

- 07830537685
- [darrylcollier@skintalks.co.uk](mailto:darrylcollier@skintalks.co.uk)

We can also be contacted through our Skintalks Facebook page.