



## Information For After FILLER Treatment

- Avoid applying makeup to the area for 12 hours after injection. When you do apply makeup, use a very light touch.
- Avoid excessive manipulation or massaging of the area.
- Avoid strenuous exercise for 24 hours following injection.
- Avoid consuming alcoholic beverages for 24 hours following the injection to reduce bruising.
- Sleep on your back. Avoid sleeping on your front or side for as long as possible.
- Try to avoid making facial expressions or movements that use or move the injected areas for 2 days after treatment.
- Avoid prolonged exposure to sunlight or UV light for 2 weeks after the injection.
- Avoid extreme heat or cold, including saunas or hot tubs for 2 weeks after the injection. You may apply a cool cloth to the treated area, but avoid ice.
- Report any redness and/or visible swelling that persists for more than 1 week, or any other symptoms that cause concern, to the clinic as soon as possible, particularly if you are concerned about infection.
- To prevent infection risk, avoid any dental procedures or surgeries of any kind for at least two weeks after having filler injected.

### **Possible Side Effects:**

Mild and temporary injection site reactions include: redness, pain, tenderness, firmness, swelling, lumps/bumps, bruising, or itching.

More serious, but less common side effects could include: allergic reaction, infection, or discolouration.

**Please consider booking a 2-week follow-up assessment appointment, especially if this was your first treatment.**

*This will ensure that we are able to see how your face responded to your treatment. If you require more product to fine-tune or adjust your treatment results, it can be applied during this appointment. For medical reasons, your results can be photographed and documented in your confidential patient file.*