

After Treatment



*****PLEASE READ CAREFULLY*****

The majority of clients will not have any issues after having dermal fillers. There are a number of products that can be used, these include Intraline, Juvederm, Restylane, Teosyal, Revanesse and Uma Jeunesse. The most common problem clients will face is an unrealistic expectation, most clients will see a before and after picture of lips that they like and expect to have their end result look identical. Unfortunately, this is not the case, dermal fillers are to enhance the natural shape and contours of the face/lips as they currently are. Also, dermal fillers will have different effects on different clients, for example, one client may find filler lasting anywhere up to 18 months but some clients may only get 3-6 months. This depends on different factors such as age, metabolism, use of sunbeds, regular exercise etc.

The amount of filler used should be decided by your practitioner, some clients may need 1ml for their desired look, some clients may only need 0.5ml and some clients may need more over a few treatments. Extra filler is not a problem and can be added as soon as swelling has subsided.

Please see below some general aftercare advice:

- Common side effects include swelling (slight or severe), bruising, redness, tenderness itching and discoloration at the injection site. These side effects will usually subside anywhere between 5-10 days but can depend upon individual healing characteristics.
- Please note it can take up to 7-14 days to be able to see the results of your treatment as the filler will settle. Some clients see unevenness in their lips immediately after treatment, this is due to swelling and will reduce in the following days. If after two weeks you still feel your lips are uneven you should then contact your practitioner.
- Try to avoid alcohol for up to 24 hours.
- No sun/heat treatments until any initial swelling and redness has gone.
- Avoid any squeezing or massaging of the injected site for the first 24 hours as this could subtly alter the results.
- Try to avoid aspirin, Excedrin, ibuprofen for 2 days after treatment.
- If your swelling is extreme you can apply a cold compress to the area for 20 minutes on and 20 minutes off. A lot of swelling can be reduced with an antihistamine such as Benadryl.
- Lumps and bumps can appear which may be due to fluid around the area (healing process) or due to bruising and these will get better once healed. If you do feel lumps after 48 hours, push firmly on the area with continual pressure for around 2 minutes, repeat this 5 times a day. Massaging can help bruising, swelling and lumpiness.
- Wait 7-14 days to see your result as sometimes swelling will make the lips appear uneven (typically on the left side of the face due to the way the blood flows) and once swelling has subsided the lips will appear even again.
- If you are prone to cold sores you can ask your doctor to prescribe Zovirax for a few days before and after treatment.
- As stated in your consultation form, everyone's results may differ and, although rare, any of the above side effects can be permanent.