

Your Post Care Instructions Dermal Fillers

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner.

PLEASE NOTE: The below are common side effects associated with Dermal Filler treatments. If you experience any of the below please do not worry. If side effects continue beyond 48 - 72 hours or you have any concerns or questions please call us on 0333 242 8528.

- Bruising
- Swelling
- Tenderness to touch

In the case of tear trough treatment swelling can be minimised by sleeping in an upright position. If you have any treatment around the lip area, the initial swelling may last longer. Some patients experience swelling that lasts for a week, and the lips can look slightly uneven during this time. The swelling will reduce, and the results can then be evaluated - usually 2 weeks later.

After your treatment, please avoid the following:

- Touching the treated area within the following six hours after treatment
- Extreme facial expressions & applying make up for 12 hours or if possible, the next day
- Exposure to U.V. light and intense temperatures i.e. sun, sunbeds, saunas for two weeks after treatment
- Exposure to freezing temperatures
- Strenuous activity within 24 hours
- Facials for 2 weeks
- Alcohol & smoking should be avoided for 48 hours after treatment
- Try to sleep with your head elevated and avoid sleeping on the injected area for 48 hours. If you have previously suffered from facial cold sores, there is a small risk that the needle punctures may trigger another eruption. Please contact the clinic & please treat as you would normally.

If you experience severe pain or any skin colour changes, such as an area of skin becoming purple or red, or bruising appears abnormal, please contact the clinic immediately.

The below products are recommended by The Cosmetic Skin Clinic to enhance your results, support skin health, and reduce the risk of complications. If the advice given by your practitioner differs from the information below, please follow your practitioner's guidance.

- Obagi Elastiderm Facial Serum
- Obagi Rebalance Recovery Cream
- Heliocare Suntouch Hydragel SPF 50

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.