

## **IMPORTANT INFORMATION FOLLOWING LIP OR DERMAL FILLER TREATMENT**

- The effect of your treatment is immediate. Filler can be slightly mobile for a few hours following the procedure, so it is important that you keep your facial movements minimal and do not rub or massage the area for the rest of the day. Regular antihistamine such as Piriton® taken 4-6 hourly for the first few days will help reduce swelling. Piriton® can cause drowsiness in some people so do not drive if affected, if taking other medications please discuss first with your pharmacist.
- It is possible that you may be able to feel or see where the product has been placed for about two weeks following treatment. Swelling is not always predictable; one side may swell more than the other and it may look or feel uneven. As the filler gradually incorporates into the matrix of your skin, these signs will lessen. If you have had stronger, more uplifting filler, it is possible that the filler will be palpable for longer.
- You have undergone a dermal filler treatment where hyaluronic acid has been placed in the skin and/or the lips. You may initially be swollen, red and bruised which will subside within the next 1 – 10 days, especially if the bruising is extensive. Wash and dry your face with gentle patting movements. Do not massage the area unless advised to by your practitioner.
- It is advisable that you do not touch the area for 6 hours.
- Please avoid the use of makeup for the rest of the day to prevent the introduction of infection to the injection sites. If you have had lip filler, then keep lips well hydrated with a simple lip balm or the aftercare cream you will be provided with for the next few days.
- Do not have facial beauty treatments or massage for two weeks following treatment and avoid exposure to sunlight, UV light, extreme heat i.e. sauna, steam rooms, sun beds etc. for the same length of time as this may increase discomfort and swelling.
- Also avoid extreme cold; this includes ice packs that are directly applied to the skin. If necessary, you can apply a cool compress to the area to reduce any discomfort or swelling. This is helpful following lip filler treatment.
- Try to sleep on your back for the first night after filler treatment to help avoid putting pressure unevenly on the face and risk of moving /displacing the product. If you have had nose fillers avoid wearing glasses for 24 hours.
- If there is discomfort following treatment you may take paracetamol or co codamol. Avoid the use of aspirin, ibuprofen or other anti-inflammatory drugs as these may increase the risk of bruising. Arnica creams or tablets or eating fresh pineapple may also help reduce bruising.

- There is always a chance of bruising with filler treatments, caused both through the injection and sometimes through the pressure of the product on capillaries under the skin. Bruising may be apparent at the time of treatment or may develop later and may be anything from more likely mild to moderate or occasionally heavy. This is an unfortunate side effect of filler treatments. Bruising will subside in time and the use of arnica cream can sometimes be helpful. Cool compresses for two days following treatment can help. After two days, warm compresses will encourage blood supply to remove traces of the bruise.
- If you have had a local nerve infiltration injection, please do not consume any hot or cold drinks until your sensation has returned to normal. You must also be careful when eating so that you do not risk biting your lip.
- If you experience any lumpiness in the implantation this should settle, do not attempt to squeeze or massage yourself, contact your practitioner if you are concerned.
- Although your treatment result is immediate the overall result will look much better in about two weeks when the trauma has subsided, and the plumping effect of the product has really started to take effect.
- Occasionally small white glands already present in the lips, known as Fordyce spots, may become more visible for a few weeks after treatment. These will settle as the filler settles and they should become less visible.
- Ensure you are well hydrated and drink plenty of water.
- Any sudden severe pain, unusual swelling or discolouration, blanching or mottled skin must be reported to your practitioner immediately as they are trained and equipped to deal with any possible post treatment complications. You will have contact details of your practitioner and this must be used even out of hours in an emergency or if you are concerned.
- If necessary, we will arrange to see you either in clinic or at your home out of hours if deemed necessary for any emergency concerns.
- If you have been prescribed or advised to take oral antivirals as prophylaxis due to a history of cold sores, please ensure you complete the course of treatment. Topical aciclovir cream may also be used after 24 hours to give relief should a cold sore develop post treatment.
- You will be offered a face to face follow up in 2 weeks or if you prefer -phone contact. This will give you the opportunity to discuss any concerns with your practitioner, take follow up photographs and make any adjustments if needed. If you are happy with your treatment and chose not to have a face to face follow up appointment we would request that you email photographs to allow us to update your confidential patient notes.