

CARE

Advice

PRE TREATMENT

WE RECOMMEND NO ALCOHOL IS TO BE CONSUMED 24 HOURS BEFORE OR AFTER TREATMENT

WE PREFER PATIENTS TO COME TO THE APPOINTMENT WITH MINIMAL OR NO MAKE UP

TO EASE SWELLING AND BRUISING ARNICA TABLETS CAN BE TAKEN ONE WEEK BEFORE AND ONE WEEK AFTER TREATMENT

MEDICAL AND COSMETIC HISTORY IS REQUIRED BEFORE ALL TREATMENTS

IT IS ADVISED TO AVOID ANTI-INFLAMMATORY PAINKILLERS LIKE IBUPROFEN & ASPIRIN 24 HOURS BEFORE AND AFTER TREATMENT

PLEASE NOTE IF YOU HAVE A COLDSORE WE CANNOT TREAT YOU FOR LIP FILLERS.

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POST TREATMENT

WE RECOMMEND NO ALCOHOL IS TO BE CONSUMED 24 HOURS BEFORE OR AFTER TREATMENT

AVOID TOUCHING THE TREATED AREA

FOR LIP FILLER - ICE THE AREA WITH A CLEAN COLD COMPRESS EVERY HOUR ON THE HOUR FOR THE DURATION OF THE DAY TO HELP REDUCE SWELLING AND BRUSING.

FOR ANTI-WRINKLE INJECTIONS SIT UP RIGHT FOR AT LEAST 4-6 HOURS

IT IS ADVISED TO AVOID ANTI-INFLAMATORY PAINKILLERS LIKE IBUPROFED & ASPRIN 24 HOURS BEFORE AND AFTER TREATMENT

NO EXERSIZE 48 HOURS AFTER TREATMENTS

DO NOT SMOKE FOR AT LEAST 24 HOURS AFTER TREATMENT

AVOID EXTREME HEAT LIKE SAUNAS, STEAM ROOMS AND SUNBEDS FOR 2 WEEKS

AVOID PROFESSIONAL FACIAL MASSAGE FOR 2 WEEKS POST ANTI WRINKLE TREATMENT

AVOID WEARING MAKE UP FOR 24 HOURS AFTER TREATMENTS

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BRUISING & SWELLING

BRUISING AND SWELLING ARE BOTH NORMAL AND EXPECTED AFTER TREATMENT. MOST SWELLING SETTLES WITHIN 48-72 HOURS IF YOU ARE FOLLOWING ALL OF THE AFTERCARE ADVICE PROVIDED AFTER TREATMENT. IN SOME CASES IT CAN TAKE UP TO 2 WEEKS TO COMPLETELY SETTLE

BRUISING IS THE MOST COMMON SIDE EFFECT ASSOCIATED WITH FILLERS, ESPECIALLY AROUND THE LIPS OR TEAR TROUGHS. BRUISING IS A PERFECTLY NORMAL RESPONSE TO INJECTIONS OF ANY KIND

PLEASE NOTE WE ALWAYS TRY TO MINIMISE BRUISING AS MUCH AS POSSIBLE BUT ON OCCASIONS IT CAN OCCURE

ALL PRE AND POST AFTERCARE ADVICE WILL BE PROVIDED TO YOU DURING CONSULTATION AND AFTER TREATMENT