

## **Dermal Filler Juvederm / Restylane - Post Treatment**

*Thank you for choosing us for your aesthetic care. We realize that there are many choices out there and that is why we are committed to your safety and satisfaction.*

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Do not touch the treated area OR apply make-up for at least 6 hours. This is to reduce the chances of infection in the treated area.

Do not consume excessive alcohol for 24 hours.

Do not do any aerobic exercise for 24 hours after the procedure.

To cover up the redness because of the treatment, you can apply a clean light make-up after the 6 hour recovery period.

A clean cool pack can be applied directly to the treated area to decrease the swelling.

If there is any pain or discomfort after the procedure then you can take non-prescription analgesia that you normally take. But it is better to avoid as this can prolong any bruising.

Following treatment the treatment area may feel itchy (esp with Restylane) for 7-14 days. A Non-prescription anti-histamine like Zyrtec or Benadryl can be taken to relieve the irritation, please check with your treating doctor/GP/Pharmacist.

If you get any bruising do apply ice and an arnica cream. If you bruise easily, you may want to take arnica tablets for 1 day before the procedure and for 5 days afterwards. Patient taking aspirin and similar medication should be aware that the medication could increase bruising and bleeding at the site of injection.

Make-up can be applied 6 hours post treatment to cover up the bruising.

If you are prone to cold sores (herpes) around the mouth, and this is the area which you want to be treated, ask your GP to prescribe Zovirax tablets for you, to be taken just before and for a few days after the procedure.

We will massage the areas treated thoroughly after the treatment, but you can do some gentle massage at home over a clean cloth, especially if you feel lumpiness.

Try to avoid sun beds and saunas for 3-4 days after the procedure. Sun exposure will reduce the persistence of the product. Wear sunscreen at all times.

When the lips are injected the initial swelling may last longer, sometimes it can take up to a week and the lips may look uneven during that time.

Mineral based make-up can be applied immediately after the procedure. But it is better to avoid any make up.

Do not apply any creams which contain alpha hydroxyl acid (AHA).

If there is anything which is not clear, if you feel that you are getting any side effects or if you are not sure that results have come up to your expectations, please contact us and we can try to address your worries over the phone or arrange a follow up appointment.