



DERMAL FILLER TREATMENT AFTERCARE

- Avoid smoking for 48 hours.
- It is advisable that you do not touch the area for 6 hours.
- Do not apply make up for approximately 24 hours to minimise the chances of infection.
- Avoid exposure to UV, extreme heat for 48 hours i.e., sauna, steam rooms, sunbathing, hot shower, sun beds.
- No strenuous activity for the first 48 hour.
- Avoid alcohol, ibuprofen, and aspirin for 48 hours post treatment.
- Arnica gel can be used to help reduce bruising.
- Apply ice packs to reduce swelling. Paracetamol can be taken for any discomfort post treatment.
- Apply Vaseline on the treated are.
- If you experience any lumpiness in the area, it can be gently massaged to help smooth this out. Do not massage **if you feel no need to** because massage does cause swelling around the area and over massaging may dissolve the filler.

DERMAL FILLER WHAT TO EXPECT

- You have undergone a dermal filler treatment where hyaluronic acid has been placed in the skin. You may initially be swollen, red and bruised which will subside within the next 1 – 14 days, especially if the bruising is extensive.
- Most people swell most **the morning following treatment**, but it quickly subsides and the vast majority of patients report puffiness only for about 48 hours. How you react to the injections is often down to the individual. If you are prone to bruising, it would logically follow that your chances of doing so after this procedure, are elevated.
- Next day- This is when the swelling is at its worse, please don't panic 😊
- Please note It can take up to 14 days (max) for the swelling and bruising to disappear. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time.
- Almost always, the treated area can feel lumpy and bumpy for at the very least, a few days.
- Rest assured that in majority of cases, this subsides, and it's just the tissue's response to injury. When you leave our clinic (and indeed throughout the procedure), you'll be shown a mirror. Filler doesn't breed, multiply, or grow, or distort! So it follows that any asymmetrical swelling, lumps or bumps over the next few days and weeks, or swelling – are merely your tissue protesting because you had needles in the injected area, and not because your procedure has gone wrong in any way! It's for this reason that aesthetics guidelines and accepted best practice, are not to review any issues for 2-3 weeks. Because, to do otherwise carries a strong risk of over correction. Rest assured; 99% percent of any immediate worries disappear quickly.

Please keep us updated and give us your feedback too.

Many Thanks,
My Pure Aesthetics

Please take a moment to review the information below, which outlines possible recommendations on how to manage any complications that could arise during or after dermal filler treatment.



WITH ANY COSMETIC PROCEDURE, THERE MAY BE POTENTIAL RISKS AND COMPLICATIONS. IN THE CASE OF DERMAL FILLERS, IT IS IMPORTANT TO BE AWARE OF THE POSSIBLE ADVERSE REACTIONS THAT MAY OCCUR. IF YOU DEVELOP SYMPTOMS OF A VASCULAR OCCLUSION SUCH AS SEVERE OR DULL PAIN AROUND THE EYE, FACE, LIPS, OR ANY PLACE THAT THE PROFHILO HAS BEEN INJECTED, ANY WEAKNESS OF THE EYE OR VISION DISRUPTION OR DARK DISCOLOURATION OF SKIN WITH PROLONGED BLANCHING OR MOTTLING OF THE SKIN WITHIN THE FIRST 24-48 HOURS OF TREATMENT THEN PLEASE CONTACT US IMMEDIATELY ON 07779666009 OR EMAIL: INFO@MYPUREAESTHETICS.COM



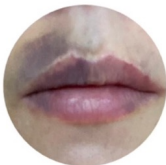
ALTHOUGH THE RISK OF VASCULAR OCCLUSION IS VERY RARE, IT REQUIRES URGENT ASSESSMENT AND TREATMENT.

! POSSIBLE FILLER COMPLICATIONS !

With any procedure, nothing is ever 100% risk free. Although these risks and complications are extremely rare, they can still happen. If you experience ANY of the following in red at all, please do NOT hesitate to contact me as soon as possible so that we may resolve any potential issues. Time is of the essence here:

<p>White Area</p> 	<p>Any white areas or patches Coldness in the area Reduced sensation / numbness Black or blue discolouration Mottled appearance Pain +++ Small blisters / vesicles Skin breakdown Poor capillary refill</p>	<p>White Area</p> 
<p>Small Blisters/ Vesicles</p> 		<p>Mottled appearance</p> 

The above 4 pictures are examples of when an artery has been compressed or blocked by filler and it is not able to carry the blood supply around the face. This is called a 'vascular occlusion' and can become very serious if left untreated.

		
<p>Bruising during treatment: normal</p>	<p>Bruising several hours after treatment: normal</p>	<p>Extreme bruising several hours after treatment; rare</p>

The 3 pictures on the left, are examples of bruising in the lips during & after the procedure. It is possible the bruising may and can get a lot worse a day or two later. This is normal. Bruising can take up to 14 days (sometimes longer) to fully heal. Please be patient. As long as none of the symptoms above in red do not appear please do not worry.