

PRE/POST TREATMENT INSTRUCTIONS

Dermal Fillers

Important **PRE-TREATMENT** Information:

Who may not be suitable for treatment:

- *If you are pregnant or breastfeeding
- *If you have a current infection or are unwell at the time of treatment
- *If you have a cold sore flare up in the treatment area
- *If you have an auto-immune condition
- *If you are on anti-coagulants (blood thinning medication)
- *If you have filler that needs dissolving
- *If you have a bee or wasp sting allergy
- *If you are currently on or it has been less than 3 months since you stopped Isotretinoin (Roaccutane)

Please contact us immediately on 02380 556600 if you are booked in for this treatment and any of the above apply to you.

Do's & Don'ts Before Your Appointment:

- Please stop using any active ingredients on your skin 24 hours before your appointment. Active ingredients include (BHAs, AHAs, Retinol/Tretinoin, Vitamin C – Please contact us if you are unsure)
- Ensure you come to your appointment with NO MAKE-UP on to reduce the risk of infection
- Please do not take any Vitamins or Supplements 48 hours before your appointment as some of these can thin your blood increasing your risk of bruising
- Please do not consume any alcohol 24 hours before your appointment as doing so increases your risk of bruising
- If you smoke, please do not smoke 72 hours before your appointment as this slows down your body's ability to heal itself.

Important **POST-TREATMENT** Information.

- Do not touch the area for 2 hours to reduce the risk of infection
- If you smoke, please do not smoke for 72 hours after your treatment as this slows down your body's ability to heal itself
- You can re-start any active skincare ingredients 48 hours after your treatment
- Please do not drink alcohol for 24 hours as this increases your risk of bruising
- Avoid extreme temperatures for 48 hours as these can increase severity of bruising and swelling. (These include saunas, steam rooms, very hot showers/baths, sunbeds, freezing temperatures).
- Do apply ice – this can help with swelling and bruising
- It is normal for the treatment area to feel tender for up to 2 weeks
- It is normal to feel bumps after your treatment. It can take 2-4 weeks for the area to completely settle so be patient
- If you had a dental block with your lip filler treatment, please do not drink any hot drinks until it has completely worn off. Your lips may appear a little wonky whilst the dental block is still in effect, this is completely normal and will resolve itself once the dental block has completely worn off.

Swelling and bruising is normal but if you are at all worried, please contact us on our

24/7 emergency helpline: 07979108508.