

Aftercare for Clients following Dermal Fillers Treatment

Here at the AestheticsArt we get asked a lot of questions about dermal fillers and what to expect after your treatment, and the advice is the same whether you have had treatment for your lips, hands or your face. First and foremost it is extremely important to listen the advice given during the consultation and to take note of the aftercare advice being provided. It is your responsibility to look after your treatment as you would following ANY medical procedure. Even if you have had many previous treatments, please don't get lazy. If there is something you don't understand please don't hesitate to ask and we can clarify further.

As we always discuss at every consultation there are some RISKS associated with dermal filler treatments however EXPECTED down time and 'side effects' are explained below.

So what to EXPECT after your treatment.

There might be redness, swelling or tenderness in the treated area. This is a normal result of the injections and will generally disappear within a few days. The initial swelling after a lip enhancement treatment may last longer. If symptoms persist for over 7 days or other reactions occur please contact the clinic immediately all contact numbers are below and we are always available.

Bruising is a common and expected side effect with any dermal filler treatment. It will not effect your end result. Please plan your treatments accordingly (NOT 2 DAYS BEFORE YOUR WEDDING)

Bruising is unfortunate and although can sometimes be due to poor technique it is often just due to the use of a needle/cannula and a predisposition to bleeding and/or BAD LUCK!

In order to reduce bruising it is important to adhere to the aftercare regime. Please avoid any medications containing NSAIDs, aspirin, vitamin E and ginseng for the week prior and week following a treatment unless medically necessary, in cases where the use of these medicines is for treatments please discuss with your GP prior to stopping any treatment.

IMMEDIATE after care – What to do at home

Apply a cool compress to the treatment area (do not apply ice directly to the skin) for 10 minutes every half an hour on the day of treatment.

Avoid any heat inducing activities for 24 hours such as strenuous exercise, spas, saunas and hot showers.

Avoid pressure on the area for the first 48 hours (sleep on your back if possible, no face down massages).

Avoid alcohol for 24 hours (However got those wanting the best results from their fillers we recommend that clients abstain from alcohol for 7 days prior and 7 days post treatment for optimal results....eishh who said beauty was easy).

Avoid active cosmeceutical products (AHAs, retinols, vitamin C) and oil based makeup for 24 hours.

Use a topical treatment to soothe and calm the skin such as Bepanthen or Arnica cream. Use this three times/day for the next 7 days.

Avoid facials, waxing, chemical peels, skin needling, microdermabrasion, IPL or laser treatments for 2 weeks after treatment. Please discuss your future treatment plans with any of our consultants if you are uncertain.

Do not massage the treatment area unless instructed to do so.

TREATMENT FOLLOW UP

A top-up treatment within 3-4 weeks of the initial dermal filler treatment may be necessary to achieve optimal correction and results. Although results from dermal fillers are immediate the end result is not really evident until this time as the filler 'integrates' into the skin. It can also take this long for swelling to settle so it is important to wait until this time for the dermal filler to settle.

There can also be asymmetries prior to this time (due to irregular swelling) too so don't panic and trust in the process (and trust our hands). Dermal filler products are long lasting but not permanent. Longevity depends on the type of filler used, its indication, compliance with aftercare and individual factors such as metabolism.

RESULTS ARE INDIVIDUAL AND IT MAY TAKE A FEW TREATMENTS FOR YOUR DESIRED RESULTS. REGULAR REVIEW IS IMPORTANT.

We hope this information is helpful. As usual please contact us if you have any other questions.