



SELECT AESTHETICS

MEDICAL AESTHETICS CLINIC

Dermal Fillers

Post Procedure Guidance

- Avoid exercise for 24 – 48 hours
- Avoid alcohol for 24 – 48 hours
- Use ice packs to help reduce swelling, pain and bruising. Apply ice to area for 15 minutes every hour. Ensure you wrap the ice in a damp towel. Do not apply ice directly to the skin.
- Refrain from using ibuprofen, aspirin, fish oil supplements, or vitamin E for 24 hours following injection as these can increase the risk of bruising
- Paracetamol can be used for pain relief.
- Avoid spas, saunas and very hot showers for 24 hours
- Do not apply any makeup to the area for 24 hours
- Any lumps or bumps can be massaged to even them out. Ensure your hands are clean. Carry out the massage for 2 minutes and repeat 4 – 5 times a day.
- Arnica cream can be used to reduced bruising
- Contact your aesthetics practitioner immediately if you experience severe pain, changes in sensation to the injected area or if the skin around the injected area becomes very pale.

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