

AFTERCARE LEAFLET:
Line: 01423 563344

DERMAL FILLERS

Aftercare Advice

You have undergone a dermal filler treatment where hyaluronic acid (or synthetic calcium hydroxylapatite in the case of Radiesse®) has been placed in the skin. You may have some swelling, redness and bruising which should subside within the next 1-14 days. Arnica tablets/gel or vitamin K oxide cream can be used.

Dos & Don'ts

It is advisable that you do not touch the area for 6 hours. Do not apply make up for approximately 6 hours unless it is mineral based. For 48 hours you should avoid exposure to UV and extreme heat i.e. sauna, steam, sun beds, very hot showers, strenuous exercise etc, as this may increase discomfort and swelling.

Avoid extreme cold, including ice packs that are directly applied to the skin. If necessary you can apply a cool compress to the area to reduce any discomfort or swelling. If you have had a local nerve infiltration injection please do not consume any hot or cold drinks until your sensation has returned to normal. You must also be careful when eating so as to avoid biting your lip.

You should avoid facial massages or skin resurfacing until the area has healed fully. If you experience any lumpiness in the implantation area, it can be gently massaged to help smooth it out.

How soon will I see the results and how long will it last?

You should see the effects immediately, although the final results will become clear once any swelling has gone down. Our most commonly used dermal filler, Juvederm Ultra®, lasts 6-9 months on average. Radiesse® and Juvederm Voluma® last for 12 - 18 months on average.

When to seek urgent review:

Allergy or infections can occur but are thankfully are extremely uncommon. If you get a painful or itchy bump or swelling near an injection site please contact the office immediately for a review.

When immediate help could be required:

Pending Necrosis though extremely rare needs immediate attention to prevent scarring. It is caused by filler or swelling disrupting the usual blood supply causing discolouration (pale or dusky coloured skin) usually associated with pain within the first few hours after a treatment. Higher risk areas are in the forehead or frown area, and the corner of the nose. It can occur in many places however. It requires an immediate return to the clinic or if after hours to A+E.

Anaphylaxis: Though rare in the extreme, immediately after your treatment, if you were to start to feel generally unwell and develop swelling and redness around your face your clinician is trained to recognise and deal with anaphylaxis. If you are no longer in the clinic 999 should be called for an urgent ambulance explaining your concern is anaphylaxis