



## **Dermal Filler Pre and Post Treatment Advice Sheet**

### **Important Pre Treatment Advice**

*Current guidelines advise that no Dermal Filler treatment should be carried out for 2 weeks prior to and 3 weeks after any vaccinations - including the COVID vaccine. If you have plans for a vaccination, or have had a vaccination and your treatment date falls within the recommended avoidance period, please do not attend and inform us to postpone your treatment.*

### **Post Treatment Care & Advice**

You have undergone a Dermal Filler treatment where Hyaluronic Acid has been placed in the skin. The treatment area may initially be swollen, red and bruised. These are common symptoms which should subside within 7-14 days post treatment.

**Proper Aftercare is important** Please ensure you follow the guidance listed below.

1. It is advisable that you maintain clean skin and do not touch or apply make up to the area for 24 hours to avoid bacteria contacting the skin.
2. If you have had a Lip treatment this may have involved the use of a topical anaesthesia. Please avoid eating or drinking until normal sensation has returned to avoid biting your lips and cheeks.
3. Avoid exposure to the Sun, tanning beds, extreme heat i.e. sauna, steam rooms, sun beds etc. for 14 days post treatment as this may increase discomfort and swelling.
4. Avoid extreme cold; this includes ice packs that are directly applied to the skin. If necessary you can apply a clean cool compress to the area after 24 hours
5. Arnica tablets or the application of Arnica Gel or vitamin K Oxide cream may help reduce bruising. Any applications must not be applied until 24 hours after treatment.
6. Lumps are not unusual and do not always need to be smoothed out. If any lumps persist after 7 days and they are either visible/unsightly or in the case of lip fillers they can be felt such that they are caught by your teeth or tongue then contact the team for a review.
7. You should avoid any facial massages, skin treatment or resurfacing until the area has completely settled and healed.
8. If you have any unusual appearances on the skin of the face such as prolonged bruising, redness, ulcerated lesions or extreme swelling or if you are worried about anything please contact your physician.

### **Emergency Contact Details:**

If you are worried about any unusual side effects from the treatment please contact : [info@faceuk.co.uk](mailto:info@faceuk.co.uk)

However should you feel acutely unwell after the treatment, please go to your nearest A&E and report this to your General Practitioner.