



Aftercare Advise

Filler Aftercare

Initially straight after treatment you will more than likely experience some redness and swelling. This is all totally normal following any type of Injections and the bodies natural healing response.

Please refrain from rubbing, touching or applying make up for at least 12 hours post procedure. You can wash with water and gently pat dry but avoid any facial creams.

As the healing process continues, you may experience fluctuation in swelling, uneven appearance, minor lumps and bumps and even possible altered sensations. Allow a full settling period of around 14 days, but the majority of people have usually settled by this time.

You can use, arnica gel/cream/capsules to help with any healing of bruising. Paracetamol for discomfort and an ice pack in 10 minute intervals to the treated area, this will help reduce swelling and can be used in conjunction with antihistamine (Piriton/Piriteze)

Things to avoid:

*Aspirin or Ibruprofen as this are blood thinners and will potentially bring out extensive bruising. Other factors that may impede recovery and result. Alcohol, smoking and not following aftercare advise.

Excessive exercise whilst swelling is still present should be avoided. For 14 days post treatment, exposure to extreme heat, sunbeds, saunas and holidays where sunbathing will be taking place should also be avoided.



*please note if you take aspirin or brufen for a specific medical condition, this should have been discussed prior to treatment.

But if you are ever concerned about anything get in touch.

Lips

The same as above, but can sometimes take a little more time to settle. If you find that swelling is causing dryness to your lips you may want to use a hydrating lip balm, if it's during the first 24 hours please ensure this is a new one.

Anti-Wrinkle Treatment Aftercare

Immediately post anti Wrinkle injections you should avoid applying make up for 12 hours and do not rub or massage the area this could result in the product migrating and having an undesired result also keep up right for 4 hours.

You can wash with water and gently pat dry the area.

For 24-48 hours post Injections, avoid the use of ibuprofen and Aspirin as this could cause excessive bruising.

For 2 weeks post treatment you should avoid extreme heat, facials, waxing, semi permanent makeup and laser treatments.



Skin Treatment Aftercare

This section consists of basic aftercare following any skin care treatments. Anything additional will be discussed at the time of treatment.

Avoid excessive sun exposure as your skin will be a lot more sensitive to UVA and UVB rays. ALWAYS apply SPF 50.

Once any redness from treatment has settled you are able to apply light mineral based make up. Ensure this is washed off before sleeping and the skin is moisturized.

Everybody's skin will react different to different treatments. Sometimes you can expect the skin to get slightly worse before it gets better. Small break outs can be totally normal as the body is ridding the skin of toxins.

Things to avoid

Heavily perfumed creams, acid washes, exfoliating for 7 days min. Extreme heat exposure, picking or pulling at skin.

If you are ever unsure. Always contact your skincare practitioner.

Contact Details: Cherelle - 07429950099