



Any injection causes an inflammatory response - This means two things;

**1)** This is not your final result - It is not uncommon for the treatment area to remain swollen for up to two weeks.

During this time the area may look very uneven, feel lumpy/ bumpy, bruised and may feel sore, if you are uncomfortable please do not take ibuprofen, as this is a blood thinner and will worsen swelling. Paracetamol would be appropriate (if you feel it is necessary). Please do not panic. It is normal during this period to not be entirely happy with your results.

Patience here is key.

The final result will be apparent approximately 14 days after treatment.

If you have any minor concerns, please book in for a review after this two-week period is up.

Any initial discomfort during this period can be eased by application of ice.

**2)** This is not your final result - Any injection causes an inflammatory response. This can easily cause disappointment, over the following weeks, because as the swelling subsides, the treatment area may look significantly less plump than it looked immediately after injection.

The filler has not dissolved nor disappeared, you have not wasted your money.

The filler has simply sunken and formed a layer at the a base of your treatment area. Many clients find they need two or three sessions to achieve the desired outcome and in order to layer filler on top of one another - until the filler no longer has room to - sink - leaving you with a fuller / more contoured finished look. Clients usually swell more for the first to third treatment, clients can mistaken this for filler and in fact it is swelling which usually subsides after two weeks.

Unfortunately, we cannot predict how many sessions each individual will need to achieve their desired result and therefore cannot be held accountable if several sessions are needed. The results of your treatment durability are influenced by several genetic and lifestyle factors completely out of our control. It is dissolved by your metabolism and therefor everyone dissolves filler at a different rate and not one is the same.

Aesthetics is an art process not an exact science.



## HEALING PROCESS BY AREA:

### LIPS FILLER

It is good to familiarize yourself with the lip process; swelling after lip injections is common, but you may also experience redness and bruising from fillers.

On the other hand, with proper lip filler aftercare, the healing process is fast.

#### Day 0 (lip filler treatment)

Straight after the procedure, considerable swellings can occur, most of the times is uneven swelling.

It is advisable that you are not concerned about the unevenness in the first few days, as it is impossible to assess until the inflammation has cured or subsided.

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#### Day 1 (One day after the treatment)

Inflammation is at the most severe state.

You're also at the greatest risk of developing cold sores from a lip filler enhancement procedure one to two days after this enhancement.

The upper lip will have considerable projection and might be considerably larger than the lower lip as usually more work and therefore more trauma is involved on the top lip.

Also, during this time, the lips will appear big due to the inflammation.

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#### Day 2

At this stage, you will start seeing some bruises and might feel lumps on the lips.

By the time two weeks have passed, bumps and bruises will have disappeared or settled.

#### Day 4

On the fourth day, patients may begin to notice a development in the inflammation. You will also see that it is more comfortable to eat and talk. Still, there will be softness to hold and touch.

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#### After 1 Week

After seven days the swelling diminished.

Your lips size will also lessen a bit.

But, this is the period when you begin seeing the actual outcome.

The lip filler swelling can last for a total of fourteen days.

After the 14 days mark you can massage your lips slightly if you feel any hardness or book a follow up appointment to get it massaged at the clinic.

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#### 4 Weeks Later

At four weeks after the lips have settled we can assess a patient for symmetry and size.

If the patient wishes more, then it can be performed at this phase.

If there is a need for correction, you need to wait for this period after which you can book a free follow up appointment online through our booking system.

### **CHIN FILLER AND FACIAL LINES (NASOLABIAL FOLDS, MARIONETTES LINES, FROWN LINES, SMOKER LINES)**

Every injection in these areas can take up to two weeks to settle.

Swelling, bruising, tenderness and pain chewing, speaking and kissing are all normal and expected after injecting the chin, due to the close proximity to the mouth.

Lumpiness, soreness inside the mouth are expected when injecting nasolabial folds or marionettes lines due to the area sharing a thin wall with the inner mouth.

Cold compresses, arnica gel and paracetamol can all be used to alleviate the side effects.

#### FILLER BEHAVIORS:

Every outcome looks much more prominent for the first two weeks to a month, where fluids build up around the injection site making the area look more full than the final result.

After 4 weeks from the first session more filler can be added if needed.

### **CHEEKS/ JAW LINE/ TEMPLES**

Every injection in the face area can take up to two weeks to settle.

Swelling, bruising, tenderness and unevenness are all expected until the area has fully settled.

Cold compresses, arnica gel and paracetamol can all be used to alleviate the side effects.

Cheeks can look particularly sharp and pointy for the first couple of weeks until the area settles in a more rounded and softer way.

The Jaw line and the Temples can generally feel a bit lumpy and uneven for the first few weeks due to the filler being placed very superficially.

This will settle smoother and softer.

#### FILLER BEHAVIORS:

Every outcome looks much more prominent for the first two weeks to a month, where fluids build up around the injection site making the area look more full than the final result. Massaging the area can be helpful after 2 weeks if you feel any hardness with long stroke-like movements.

After 4 weeks from the first session more filler can be added if needed.

## **TEAR TROUGHS**

Every injection in the tear trough area can take up to four weeks to settle.

The tear trough area requires a little more time than other areas of the face to fully settle, more often than not the tear trough area requires a top up session after four weeks priced at £100.

Please book this online if needed.

Swelling, bruising, tenderness and unevenness are all expected until the area has fully settled.

Cold compresses, arnica gel and paracetamol can all be used to alleviate the side effects.

A gentle massage with stroke-like movements can be done two weeks after the first injection to help with the lymph build up around the area.

### **FILLER BEHAVIORS:**

Every outcomes looks much more prominent for the first two weeks to a month, where fluids builds up around the injection site making the area look more full than the final result. Massaging the area can be helpful after 2 weeks if you feel any hardness with long stroke-like movements.

After 4 weeks from the first session more filler can be added if needed.

## **NOSE**

Every injection in the nose area can take up to four weeks to settle.

The nose area requires a little more time than other areas of the face to fully settle, more often than not the nose requires a top up session after four weeks priced at £100.

Please book this online if needed.

Swelling, bruising, tenderness and unevenness are all expected until the area has fully settled.

Cold compresses, arnica gel and paracetamol can all be used to alleviate the side effects.

It's very important to avoid applying pressure on the bridge of the nose for at least two weeks.

No sunglasses or prescription glasses can be worn during this time period.

### **FILLER BEHAVIORS:**

Every outcomes looks much more prominent for the first two weeks to a month, where fluids builds up around the injection site making the area look more full than the final result. Massaging the area can be helpful after 2 weeks if you feel any hardness with long stroke-like movements.

After 4 weeks from the first session more filler can be added if needed.