



Hyaluronidase (Hyalase®) Advice

Before Treatment

- All make up will need to be removed prior to treatment, so please come 'fresh faced' if possible.
- Alcohol, aspirin, ibuprofen and a range of dietary supplements including; St. Johns Wort, omega 6 oils, garlic, ginkgo biloba, vitamins C and E- supplements may all contribute to bruising and are best avoided 5 days before treatment. Please note, If you are taking prescribed blood thinning medications it is important not to stop taking these without advice from your medical practitioner.
- Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell - including colds, coughs, sore throats etc. Do contact the clinic to discuss any illness or new medicines prior to attending.
- If you are receiving Hyaluronidase treatment to correct unsatisfactory results, you will be given a test dose (a small injection on your forearm) and observed for a minimum of 20 minutes, to identify any sensitivity which may indicate an allergy to Hyaluronidase. If symptoms of sensitivity are observed then treatment cannot proceed.

Aftercare Advice

- Hyaluronidase administration can result in anaphylaxis (a severe allergic reaction) which in itself is life threatening and requires immediate medical attention. This is why we undertake a test dose first. This type of reaction is most likely to occur within a few minutes of Hyaluronidase administration while you are within the clinic however, it is important to be aware of symptoms of a possible allergic reaction and seek help if any of the following occur:
- **Symptoms of a severe allergic reaction may include; shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pain, nausea or diarrhoea. If you have any of the above symptoms please attend your nearest Accident and Emergency Department or call 999 for an ambulance. Let them know you have received Hyaluronidase treatment.**

- You are likely to experience some redness, tenderness, swelling particularly after treatment in the lips area) and bruising. Any swelling and bruising may be more apparent the next day. The swelling should start to settle within 48 hours, bruising may take longer to subside.
- As a consequence of swelling and the Hyaluronidase treatment, you may notice some asymmetry, the final result of the treatment can be judged after 2 weeks when all the swelling and bruising has fully settled.
- Cold packs can help to reduce swelling and may be applied for 10-15 minutes several times a day in the first 48 hours if required.
- You are advised to avoid alcohol, vigorous exercise for a few days following treatment. Avoid sun bathing and extremes of heat or cold for 14 days post treatment. These activities have been found to increase and prolong swelling
- Bruising may take a few days to appear, arnica may be helpful in reducing bruising. It is advisable to avoid aspirin and alcohol for approximately 48 hours after treatment. Tenderness should settle as bruising and swelling reduces.
- Please contact Kelly if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.
- Hyaluronidase is an enzyme which breaks down hyaluronic acid based dermal fillers but it can also break down naturally occurring hyaluronic acid present in the body, this is a temporary effect and your body will replace any loss of **naturally occurring hyaluronic acid** after a few days but you may notice some skin laxity and loss of volume in the interim period. The loss of the dermal filler product however, will be permanent.
- Although it is possible to see an immediate improvement in the area treated, it can take up to 14 days for the final result to be seen. Treatment may need to be repeated after this time.
- Further dermal filler products should not be injected in or near the treated area for at least 14 days. This will allow any bruising or swelling to settle but also avoids the risk of any new filler product injected from dissolving!
- **Do not hesitate to contact Kelly if you have any concerns 07793 737859**