



FILL YOUR FACE AESTHETICS  
*ageing is optional*

## **Dermal Fillers**

### **Pre and Post Treatment Advice**

Dermal fillers can be used to smooth away facial lines and wrinkles, create fuller lips and shape facial contours, such as cheeks and chin, and to revitalise the skin. Dermal fillers work by boosting the skin's supply of hyaluronic acid and to add volume to the skin, instantly diminishing the appearance of lines and wrinkles and giving a natural softer look. Dermal fillers are a soft injectable gel consisting of stabilised, non-animal hyaluronic acid. The gel is tissue-friendly and closely resembles the hyaluronic acid that exists naturally in the body. It is long-lasting but not permanent. Dermal filler injections provide an easy way to reduce the appearance of wrinkles, smooth the skin and give a more youthful appearance. The result of a single treatment can be seen instantly and can last for around 6 to 9 months depending on the product used.

### **Pre-treatment Advice**

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E and essential fatty acids for approximately 1 week pre and post- treatment, as they may increase your risk of bruising.
- Do not drink alcohol for 24 hours before (and after) your treatment to avoid extra bruising.
- You may take Arnica tablets for 2-3 days prior to treatment. These may help to reduce the risk of bruising.
- Do not apply products that are potentially irritating for 2 -3 days before and after treatment (examples - tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone)
- Inform your clinician if you have a history of cold sores to receive advice on antiviral therapy prior to treatment. If you have an active cold sore, it is advisable to re-schedule treatment.

- It is advisable to avoid booking treatment within 4 weeks of an important event or holiday. Swelling and bruising can take a few weeks to settle fully and excessive exposure to heat/sun can prolong swelling. Also should you experience a problem, your clinician will need to see you in order to advise or provide corrective treatment.
- Please inform your clinician if you have any questions prior to treatment.

### **Day of Treatment**

- Arrive with a clean face. Please do not wear makeup. The area to be treated will be cleaned thoroughly before treatment to reduce the risk of infection.
- You may experience a mild amount of tenderness or stinging during and following treatment. Redness and swelling are normal. Some bruising may also be visible.

## Post-treatment Advice

- Ensure your hands are clean prior to touching treated areas, this will help to reduce the risk of infection.
- Avoid the use of makeup for at least 12 hours following treatment, this helps to reduce the risk of infection.
- Ice or cool packs (avoid firm pressure) may be applied to the treated area for approximately 15 minutes 2-3 times for the first few days after treatment.
- You may take a pain killer such as paracetamol or ibuprofen if you experience any mild tenderness or discomfort.
- Do not massage the treated areas following treatment unless your clinician has specifically advised you to do so.
- After treatment, there will be moderate swelling and redness with the possibility of bruising. These symptoms will usually resolve in about 7-14 days.
- You may apply arnica gel or take arnica tablets, these may help to reduce the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply a good quality SPF prior to sun exposure.
- Avoid strenuous exercise for at least 24 hours after treatment to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid laser, IPL, or skin tightening treatments of the treated area for at least 2 weeks.
- You may continue use of topical anti-ageing products as mentioned above approximately 1 week after treatment.
- A complementary aesthetic review appointment is advised for all clients receiving dermal filler treatments. This should be booked via the online booking system between 2-4 weeks following treatment.

## Things to look out for

Adverse reactions and complications are uncommon, particularly if the above advice is followed.

Please contact Kelly if redness, tenderness or swelling increases after 3 days, rather than settling. Though some tenderness is to be expected, pain is not and should be reported. If the skin appears dusky or mottled, blisters appear, the skin is becoming hot or red or the area is becoming painful please contact Kelly Costello for advice immediately.

If you suffer any of the following symptoms, which may indicate a serious allergic reaction, seek immediate medical attention either via your GP or 999:

- Itching
- Rash
- Red itchy welts
- Wheezing
- Difficulty swallowing
- Asthma symptoms
- Dizziness
- Feeling faint

**If you are at all concerned about any symptoms you were not expecting or that concern you, please contact Kelly Costello - 07793 737859 to make an appointment to be seen.**