

Good Genetics  
Aesthetics  
BY NATALIE FACCINI



# Dermal Fillers **AFTERCARE**

The following guide will help you to understand the process that your body goes through after your treatment.

To start with, **this is not your final result**. It can take **up to two weeks** before any swelling goes away, and the filler has fully settled. Remember, any injection to the body causes an inflammatory response and you need to allow for the body to heal.

- **Post-Treatment Swelling:** During the first two weeks, the treated area may look uneven, feel bumpy or lumpy, be bruised, and you might experience soreness.
- **Pain Management:** Avoid taking Ibuprofen for pain relief, as its blood-thinning properties can worsen the swelling. Paracetamol is a more appropriate alternative.
- **Discomfort Relief:** Any initial discomfort can be eased by applying an ice pack, which will help reduce the swelling.



Apply ice every hour during the first day



Avoid touching the area first 24h



Apply arnica to minimise bruising



Do not use anti-inflammatory medications to avoid bruising



Avoid excessive sweating for 24h



Avoid make-up for 24h

**IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.**

# THE RESULT

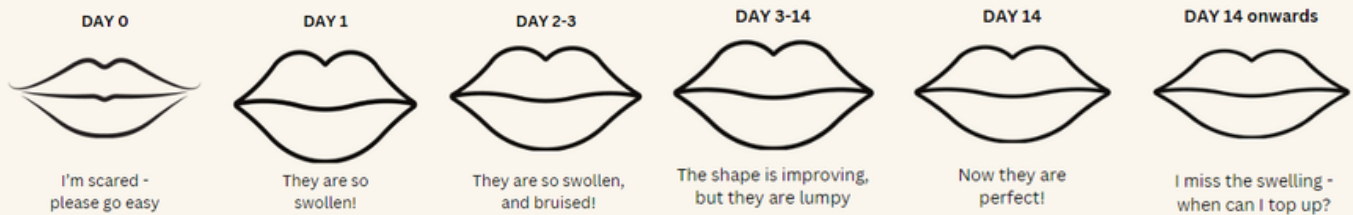
- **Stay Calm:** It's normal to feel uncertain or dissatisfied with the initial result, especially during the healing process that takes place during the first two weeks. The results that you experience during the first two-week period is not the final result. You may experience bruising, swelling and smaller lumps and bumps, but will all subside during these 14 days. Patience is key!
- **Inflammation and Swelling:** Any injection causes inflammation and will appear exaggerated compared to what the final result will look like. Swelling is common, but will go down over the first week. If you have never had fillers before, the swelling might be even greater. After two to three sessions, the swelling following the treatment is typically less.
- **Filler Positioning:** As the swelling subside, remember – The filler has not dissolved or disappeared; it has simply settled and formed a layer at the base of the treatment area. Many clients require two or three sessions to achieve the desired outcome. Layering the filler helps create a fuller, more contoured look.
- **Everyone is different:** We cannot predict how many sessions each individual will need to achieve their desired result, nor can we be held accountable if multiple sessions are necessary. The durability of the treatment is influenced by genetic and lifestyle factors beyond our control. Filler is broken down by your metabolism, which varies from person to person. Aesthetics is an art, not an exact science.
- **Follow-Up:** If you are still not satisfied and experience asymmetry in the treated area, please book a follow-up review **after the 14 days healing period has past.**

## Medical Attention

- Contact your practitioner immediately if you experience any signs of infection, such as hot, red, shiny skin, pus formation, fever, or feeling generally unwell.
- Seek emergency medical attention if you experience severe allergy symptoms, including rash, facial swelling, or difficulty breathing.
- Contact your practitioner as soon as possible if you notice any other unwanted side effects.

# THE HEALING PROCESS - LIPS

The healing process takes time and you will see notable difference throughout the first two weeks. In the picture below, you can get a sense of what to expect:



It's important to familiarize yourself with the lip injection process. Swelling, redness, and bruising are common side effects of lip fillers. However, with proper aftercare, the healing process can be relatively quick.

**Day 0: Lip Filler Treatment** - Immediately after the procedure, significant swelling can occur, often uneven. Do not be concerned about the unevenness in the first few days, as it is impossible to assess the final result until the inflammation subsides.

**Day 1: The Day After Treatment** - Inflammation is at its peak on the first day. You are also at the highest risk of developing cold sores one to two days after the procedure. The upper lip may appear significantly larger than the lower lip due to more extensive work and trauma on the top lip. Lips will look enlarged due to the inflammation.

**Day 2-3: Swelling And Bruising** - Bruising and lumps may appear on the lips. By the end of two weeks, bumps and bruises should have disappeared or settled.

**Day 4-5: Reduction in Inflammation** - By the fourth day, you should notice a reduction in inflammation. Eating and talking will become more comfortable, though the lips may still feel tender and hard to the touch.

**After 1 Week: The Final Result Starts to Appear** - After seven days, the swelling will have diminished, and your lips will be closer to their final size. This is when you will start to see the actual outcome. Swelling can last up to fourteen days. After two weeks, you can gently massage your lips if you feel any hardness.

**After 4 Weeks: The Final Result** - At four weeks, we can assess symmetry and size. If you experience any asymmetries, please reach out to the clinic. At this time, you can also add more filler and schedule another session in case you want to add more volume.

# THE HEALING PROCESS - CHIN, NASOLABIAL FOLDS, MARIONETTE LINES AND SMOKER'S LINES

Each injection in these areas can take up to two weeks to settle. Swelling, bruising, tenderness, and pain while chewing, speaking, and kissing are all normal and expected after chin injections due to the close proximity to the mouth.

Lumpiness and soreness inside the mouth are common when injecting the nasolabial folds or marionette lines because these areas share a thin wall with the inner mouth. Cold compresses, arnica gel, and paracetamol can be used to alleviate these side effects.

## **Filler Behaviours**

The results appear more prominent for the first two weeks to a month as fluids build up around the injection site, making the area look fuller than the final result. Additional filler can be added after four weeks from the initial session if needed.

# THE HEALING PROCESS - CHEEKS, JAWLINE AND TEMPLES

Every injection in the face can take up to two weeks to settle. Swelling, bruising, tenderness, and unevenness are expected until the area has fully healed. Cold compresses, arnica gel, and paracetamol can be used to alleviate these side effects.

Cheeks may look particularly sharp and pointy for the first couple of weeks until they settle into a more rounded and softer appearance. The jawline and temples can feel lumpy and uneven initially due to the superficial placement of the filler, but this will smooth out and soften over time.

## **Filler Behaviours**

The results appear more prominent for the first two weeks to a month as fluids build up around the injection site, making the area look fuller than the final result. Massaging the area can be helpful after two weeks if you feel any hardness, using long, stroke-like movements. Additional filler can be added after four weeks from the initial session if needed.

# THE HEALING PROCESS - TEAR TROUGHS

Every injection in the tear trough area can take up to four weeks to settle. This area requires more time than other facial areas to fully settle, and often a top-up session is needed after four weeks. Please book this online if needed.

Swelling, bruising, tenderness, and unevenness are expected until the area has fully settled. Cold compresses, arnica gel, and paracetamol can be used to alleviate these side effects. A gentle massage with stroke-like movements can be done two weeks after the initial injection to help with lymph build-up around the area.

## **Filler Behaviours**

The results appear more prominent for the first two weeks to a month as fluids build up around the injection site, making the area look fuller than the final result. Massaging the area can be helpful after two weeks if you feel any hardness, using long, stroke-like movements. Additional filler can be added after four weeks from the initial session if needed.

# THE HEALING PROCESS - NOSE

Every injection in the nose area can take up to four weeks to settle. This area requires more time than other facial areas to fully settle, and often a top-up session is needed after four weeks. Please book this online if needed.

Swelling, bruising, tenderness, and unevenness are expected until the area has fully settled. Cold compresses, arnica gel, and paracetamol can be used to alleviate these side effects.

It is very important to avoid applying pressure on the bridge of the nose for at least two weeks. During this time, do not wear sunglasses or prescription glasses.

## **Filler Behaviours**

Results appear more prominent for the first two weeks to a month as fluids build up around the injection site, making the area look fuller than the final result. Massaging the area can be helpful after two weeks if you feel any hardness, using long, stroke-like movements. Additional filler can be added after four weeks from the initial session if needed.

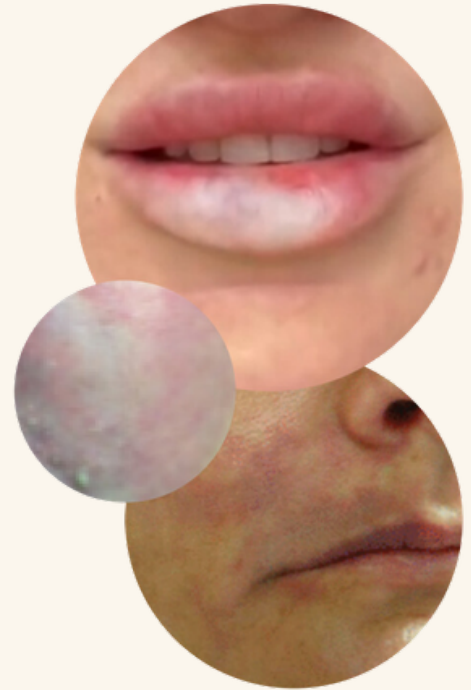
# STAYING SAFE AFTER YOUR TREATMENT

Any treatment carries a small risk of complications. While most issues are promptly identified by your practitioner during your visit, some complications may only become apparent until the next day.

This document is designed to help you recognise potential complications once you are home. Please remember, **complications are rare** and this information is provided to ensure your safety and peace of mind.

## CONTACT US IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING!

- **Whitening of the Injected Area:** Gray or mottled skin in the treated area.
- **Extreme Pain:** Severe discomfort that is not relieved by over-the-counter pain medications.
- **Numbness or Tingling:** Sensations of numbness or tingling in the treated area.
- **Cold to Touch:** If the area feels unusually cold when touched.
- **Discoloured Blotches:** Blotches of discoloration in areas NOT treated with injections.



## Capillary Refill Test

If your practitioner requests a capillary refill test, please follow these instructions carefully. This test is a precautionary measure and should not cause concern.

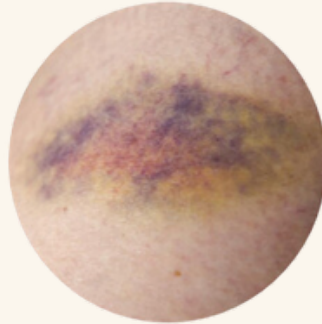
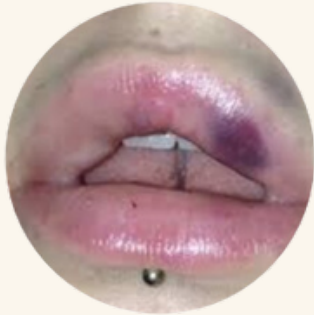
1. **Apply Pressure:** Use two fingers to apply firm pressure to the area of concern for 5 seconds.
2. **Release and Film:** After 5 seconds, release the pressure and continue filming for 5 seconds.
3. **Observation:** Healthy tissue should show blood returning to the skin within 2 seconds after the pressure is released.
4. **Repeat:** Perform this test a few times over the area in question as well as surrounding areas.

If you have any concerns or notice any unusual symptoms, please contact us immediately for further guidance and support.

**DO NOT ATTEND A&E – THEY WILL NOT BE ABLE TO HELP YOU IN THE CASE OF VASCULAR OCCLUSION**

## Bruising

Bruising is a normal part of the healing process. It can appear immediately or worsen after you leave the clinic. Bruising typically peaks 1-2 days post-procedure and may take up to two weeks to fully subside. The images below illustrate normal bruising.



## Infection

If you notice that the area becomes increasingly red, feels tingly, or is hot to the touch over time, please contact us immediately. These signs may indicate an infection and prompt medical attention is necessary to address any potential issues.

## Adverse Reactions

In the unlikely event of an adverse reaction, your first point of contact should be us. Please reach out immediately if you experience:

- **Severe or Increasing Pain:** Intense or worsening discomfort.
- **Whitening/Blanching:** Lightening of the injected areas.
- **Discoloured Blotches:** Unusual colour changes in non-injected areas.
- **Fever and/or Chills:** Elevated temperature or shivering.
- **Increasing Redness/Tingling:** The treated area becomes increasingly red or feels hot and tingly.

If you have any concerns at all, please contact us without delay. You can reach us via the email and phone number on the first page. We encourage clients to visit us for a review before seeking alternative advice. In most cases, we can resolve issues in-house.

**Important Note:** Avoid booking appointments with other clinics or companies, as this **may invalidate our review procedure and your insurance policy**. If you are concerned about your immediate health, please proceed directly to your GP or the nearest Accident & Emergency (A&E) department.