



Good Genetics
Aesthetics
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Hyaluronidase **AFTERCARE**

Proper aftercare is crucial to minimize the risk of complications, promote healing, and achieve the best possible results from your hyaluronidase treatment. Please follow these guidelines carefully:

Immediate Post-Treatment Effects

- Redness, Swelling, and Tenderness: The treated area may appear red, swollen, and tender. These effects usually subside within 48 hours but may persist longer in some cases.
- Bruising may occur and typically resolves naturally within two weeks. Applying arnica cream can help accelerate healing.

Pain Management

- If you experience tenderness, over-the-counter pain relievers such as paracetamol can be used.
- For severe pain, contact your practitioner immediately.

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.

Managing the Swelling

Swelling is common and, in rare cases, may be severe. If this occurs, contact your practitioner for an assessment. To manage the swelling, the following actions can be taken:

- Apply a cold compress.
- Take regular ibuprofen after 24 hours (if it is safe for you to do so).
- Use antihistamines if needed.
- Sleep with your head elevated on 2–3 pillows to promote fluid drainage overnight.

Activities and Environmental Precautions

- Makeup: Avoid applying makeup for 24 hours to reduce the risk of infection.
- Alcohol: Refrain from consuming alcohol for 24 hours and drink plenty of water to stay hydrated.
- Exercise: Avoid strenuous activities or exercise for 24 hours.
- Temperature Extremes: Avoid saunas, steam rooms, and temperature extremes until redness and swelling subside.
- Sun Exposure: Avoid sunbeds and excessive sun exposure until the area is fully healed.
- Cleansing Products: Refrain from using harsh cleansing products on the treated area.

Monitoring for Complications

Seek medical attention and contact your practitioner if you notice signs of infection, such as:

- Hot, red, and shiny skin
- Pus formation
- Fever or feeling unwell

Severe Allergic Reactions

Although rare, hyaluronidase can cause severe allergic reactions, including anaphylaxis. If you experience symptoms such as rash, facial swelling, or difficulty breathing, seek emergency medical attention immediately by calling 999.

Other Side Effects

Contact your practitioner if you notice any other concerning or unwanted side effects.

Follow-Up and Results Assessment

Results can be evaluated two weeks after the treatment. If you feel that additional filler needs to be dissolved at this stage, contact your practitioner for a review.

By following these aftercare instructions, you can help ensure a smooth recovery and optimal treatment outcomes.

If you have any questions, no matter how big or small, please reach out!