
NML London Aesthetics

Aftercare information after Dermal Filler injections

DOs and DON'Ts of Dermal filler aftercare

1. **DO** be prepared that you may experience slight discomfort around the treatment area – this should be minor and resolve within an hour or so.
2. **DO** avoid makeup for 6 hours after treatment to avoid risk of introducing infection
3. **DON'T** do any vigorous exercise for 24 hours after the procedure to allow time for the filler to settle without unwanted movement.
4. **DO** minimise bruising by avoiding aspirin and alcohol for 24 hours post treatment
5. **DO** avoid getting too hot got 48 hours after treatment such as saunas, steam rooms, hot yoga, extreme heat
6. **DON'T** have facial massages, facial stimulation, dermaroller treatments, permanent makeup, microdermabrasion or facial skin laser treatments for 2 week after the injections

7. **DO** expect to see the effect immediately but please be aware that the maximal effect is seen in two weeks. Lip treatments generally may feel tender and uneven in the first week but then even out and settle down after about a week.

8. **DO** expect some bruising – this may be apparent at the time of the injection but may develop later. This will subside in time. Arnica gel may be helpful to reduce the bruising.

We do hope that you are happy with your treatment. If you are worried about the treatment or have any questions then please contact NMLondon for further advice.

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