
NMLondon Aesthetics

Pre-care information before having Dermal filler injections

In order to achieve the best results and to minimise bruising please read and follow the advice below:

DO avoid alcohol for 24 hours before receiving Botox injections as it may thin the blood and increase the possibility of bruising

DO avoid medications that may thin the blood – such as aspirin or ibuprofen (nurofen) – unless it has been prescribed for a specific reason. These medications will increase the possibility of bruising.

DO remove makeup before attending for the appointment. But don't worry if you forget. We have make up wipes available.

DO eat well and stay hydrated on the day of the appointment to avoid feeling dizzy during the procedure.

Please contact NMLondon if you have any queries before your appointment.

Dr Nasha Matin, Medical Director, NMLondon Aesthetics

bookings@nmlondon.com

www.nmlondon.com

WhatsApp: 07367715738

Instagram @nmlondon_aesthetics

Facebook NMLondon Aesthetics