



Dermal Filler Aftercare

After treatment:

- do not massage the treated areas on the day of treatment.
- avoid applying heat to the treated area on the day of treatment.
- avoid activities that facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising and tanning.
- gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7-10 days.
- after treatment, oral consumption and/or topical application of Arnica Montana may help to reduce bruising and swelling.
- If 2 weeks after treatment you feel that you require further treatment, please contact the office.
- **In the event of severe bruising or swelling, contact Rohan urgently by mobile on 07783867118**