**Prophilo Pre and Post Treatment**

All make up will need to be removed prior to treatment, so please come ‘fresh faced’ if possible. Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. John’s Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 24 hours before treatment. Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell- including colds, coughs, sore throats etc.  Contact the clinic to discuss any illness or new medicines prior to attending.

Do not schedule treatment when you have other procedures planned, without first discussing with your clinician. This includes, but is not limited to; massage, facials, dental appointments and surgery.

We also advise that you avoid using aspirin or other non-steroidal anti-inflammatory drugs a couple of days **before** your treatment (unless they are taken for a chronic medical condition). Avoiding these medications will reduce your risk of bruising at the point of injection.

**Aftercare**

Most people can continue with normal activities. Some will have some redness, pin prick marks. Bruising is possible.
The product is injected in small ‘deposits’, you may be able to see them initially, but they settle usually within hours. It may be possible to feel the product where it has been injected under the skin.  It will settle, there is no need to massage.

* Make-up should not be worn for 12 hours
* You are advised to avoid alcohol and vigorous exercise for 48 hours
* Avoid sun bathing, and extremes of heat or cold for 14 days post treatment.
Any bruising may take a few days to appear, arnica can be helpful in clearing bruising.  It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment.
* Tenderness should settle as swelling and bruising goes down.
* Avoid sun bathing, and extremes of heat or cold for 14 days post treatment. Any bruising may take a few days to appear, arnica **can** be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours **after** treatment. Tenderness should settle as swelling and bruising goes down.

You can apply a cool compress to the treatment area (do not apply ice directly to the skin) for 10 minutes every half an hour on the day of treatment if needed.

Avoid any heat inducing activities for 24 hours such as strenuous exercise, spas, saunas and hot showers as it increases the likelihood of bruising.

Avoid facials, waxing, chemical peels, skin needling, microdermabrasion, IPL or laser treatments to the area of treatment for 2 weeks after treatment. Please discuss your future treatment plans with Victoria.

The product is injected in small ‘deposits’, you may be able to see them initially, but they settle usually within hours. It may be possible to feel the product where it has been injected under the skin. Don’t worry this will settle, there is no need to massage.

If you’ve had Profhilo to your face, make-up should not be worn for 12 hours.

IF YOU DEVELOP SYMPTOMS OF A VASCULAR OCCLUSION SUCH AS SEVERE OR DULL PAIN AROUND THE EYE, FACE, LIPS OR ANY PLACE THAT THE PROFHILO HAS BEEN INJECTED, ANY WEAKNESS OF THE EYE OR VISON DISRUPTION OR DARK DISCOLOURATION OF SKIN WITH PROLONGED BLANCHING OR MOTTLING OF THE SKIN WITHIN THE FIRST 24 HOURS OF TREATMENT THEN PLEASE CONTACT VICTORIA IMMEDIATELY.

ALTHOUGH THE RISK OF VASCULAR OCCLUSION IS VERY RARE, IT REQUIRES URGENT ASSESSMENT AND TREATMENT.

**Symptoms to report to your practitioner**

* Please contact your practitioner if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.
* Blanching, mottled bruising/redness, or pain (beyond tenderness as you would expect with bruising or swelling).
* Symptoms of a severe allergic reaction can include shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pain, nausea or diarrhoea. If you have any of the above symptoms please report to your nearest Accident and Emergency Department or call 999 for an ambulance.