



AFTERCARE



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BOTOX AFTERCARE

You have undergone a treatment in which a small amount of a muscle relaxing protein has been injected into muscles to improve the appearance. It will take 5-14 days to start to see any muscle relaxing effect.

Injections can cause small amounts of swelling, a temporary bump resembling a bee sting, redness, bruising, a mild to moderate headache and sensations such as tingling or mild itching. These effects are so common they can be considered a normal part of the process.

You must:

- Remain upright for 2 hours and try to stay looking up (not down at your phone for instance)
- Do small extra contractions of the muscles treated every 20 mins for the first hour.
- Avoid pressure when washing your face & use gentle strokes away from the eye for 72 hours
- Avoid facial massages or electrical stimulation of the face for 2 weeks
- Avoid wearing tight caps, headbands, or anything else tight in an injected area for 24 hours
- Avoid exercise, alcohol, UV exposure & extreme heat e.g Sunbeds, sauna/steam for 24hrs
- Do not apply make up for at least 6 hours
- Avoid eyebrow treatments of any kind for 2 weeks.
- Don't touch the area with any force or pressure for at least 12 hours inc. wearing hats

PLEASE NOTE: If you need an adjustment you MUST have it completed within 10-21 days and must make the time in your schedule to fit in with the clinic times available and book this yourself online. After 21 days you will not be able to have an adjustment. You must wait 12 weeks from your first injection or 10 weeks from your adjustment injection to have any more Botox to avoid overdosing or causing botox intolerance.

PLEASE NOTE: RESULTS DO VARY. You will not be 'frozen' for weeks on end and we do pride ourselves on natural enhancements. You will have been given a time scale for you Botox effect but a brief explanation is as follows: Weeks 0-4 Your Botox appointments happen and your Botox takes effect. Weeks 4-8 you will see the best effects of your Botox as be as wrinkle free as it is possible for us to make you. Weeks 6-12 your Botox will begin to slowly wear off & you may find you can move more all together or at certain times of the day. Week 10-12 More Botox will be needed. In the highly rare circumstance you are unhappy with the results once you have had your top up please contact us to discuss. If you would like further Botox added (making your dosage a higher than normal dosage) this will cost £50 and it is highly recommended you don't do this as you will cause yourself Botox resistance.

If in the very rare circumstance you develop side effects such as a droopy eyelid, an extremely dry eye or a heavy brow or feel worried in anyway please contact us.



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FILLER AFTERCARE

You have undergone a treatment where hyaluronic acid gel was injected into your skin or lips to improve shape, proportion, lines, shadows or light wrinkles.

Due to the anesthetic in the gel you may feel numbness or tingling immediately after and have some swelling, redness, bruising and tenderness over the areas that have been treated. Some people experience a dull ache which should subside in 48-72 hours. Swelling that is not very painful can last for up to two weeks. Bruising may become more obvious as the day goes on and the subsequent few days before fading which can also take up to two weeks. Lumps and bumps may come and go over the following two weeks **A small minority of bruises can last upto 6 weeks.**

You must:

- Avoid exposure to UV light and any heat e.g exercise, saunas, sunbeds, hot prolonged baths etc for 48 hours.
- Keep the area cool with a cold compress but do not apply ice.
- Avoid any unnecessary pressure over any treated areas especially for 24 hours
- Avoid massages, stimulation, tattoos etc to the area for two weeks.
- Do not touch the area for 6 hours and for the next 24 hours wash your hands before touching the area.
- Avoid hot drinks if you have had your lips done. The numbing effect could mean you don't gauge the temperature of the drink and cause harm.
- Avoid make up for 24 hours.
- Avoid Alcohol and smoking for 24 hours.

Serious complications are rare but it is vital you contact me if:

- Swelling, puffiness or lumpiness does not fade at all within the first week.
- The filler changes texture, becomes hard or lumpy especially if there is redness or tenderness after 48 hours.
- If you develop increasing pain near or above the site of the injection which is getting worse over time especially if associated with a pale area of skin. In rare cases an emergency reversal procedure may be required by myself. If you believe you have an emergency please contact us on the emergency number 07931294004 this is STRICTLY for emergencies only

Filler Reviews

- You can book in a filler review if you are not happy or have concerns once your bruising has completely gone. This can be done online and you must make time to accept one of the available appointment we have. Please note that if you simply want or need some more filler for your desired results and there isn't actually an issue aside from this then adding more filler in will be charged at our normal rates.



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FAT DISSOLVING AFTERCARE

Immediately after treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injections. The inconvenience is temporary and generally disappears in a week. If it is unbearable after taking paracetamol or if other reactions occur, please call me. You can feel slightly tender for 4-6 weeks. Avoid touching the treatment area 6 hours after the treatment. After that the area can be gently washed with soap and water, and light make-up can be applied in the case of the neck/jaw area after 24 hours. Until the initial swelling has resolved, do not expose the treated area to intense heat (e.g. sun and sunbed) or extreme cold. If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site. If you experience persistent or increasing swelling and redness that might indicate infection, or bruising that is more than average, contact me for advice.

FILLER DISSOLVING AFTERCARE

After the procedure some common injection-related reactions might occur. These reactions include redness, swelling, pain, itching, bruising minor but in some cases severe and tenderness at the injection site. These should mostly be mild to moderate and typically resolve spontaneously after a few days. Bruising is also very common.

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 diarrhea. If you have any of the above symptoms, please report to your nearest Accident and Emergency Department

PROFHILO AFTERCARE

Most people can continue with normal activities. Some will have some red, 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 3 days. 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 should swelling and bruising goes down in 48-72 hours. Please contact me if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.



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TEETH WHITENING AFTERCARE

Your teeth will continue to lighten over the next 24 hours. It is REALLY IMPORTANT that you follow the following advice TO THE WORD:

- Avoid any dark staining drinks like Tea, Coffee, Red Wine, coloured soft or alcoholic drinks and fruit juice for 24 hours.
- Avoid all dark staining foods like bolognese, soy sauce, red meat, chocolate and all fruit except bananas and good rule is: avoid any foods or drinks that would leave a stain on a white shirt.
- No Smoking for 24 hours, smoking a cigarette within the first 24 Hours will stain your teeth
- Moderate use of electronic cigarettes is OK.
- Avoid coloured toothpaste (red or blue) or Mouthwash for 24 hours.
- Avoid very cold and very hot food and drink. If you experience sensitivity then please purchase some sensodyne toothpaste and rub this on your gums and teeth.
- Avoid brushing your teeth and gums too harshly.
- If you would like a touch up consider doing this with our touch up service. If you're happy please remember a top up will likely be needed within 12 months.

Food and drinks that may be consumed are as follows:

- Plain chicken, fish & chips, potatoes, plain pasta and white sauces, cereals, Milk, 7up and white wine, once it is clear or white.
- You can google 'White food recipes after teeth whitening' for some great ideas.

BLOOD TEST AFTERCARE

- After a blood draw you may have one or more small puncture wounds and it will vary from person to person how much blood was taken. Please follow the instructions below:
- Leave the dressing strip(s) in place for an hour.
- Avoid tight or restrictive clothing around the punctures for 24 hours.
- If bleeding occurs, apply firm pressure with your fingers directly over the needle site
- Avoid strenuous use of the arm/hand eg sports or heavy lifting
- If you have discomfort or swelling of the arm/hand, elevate your arm and place ice over the site for 10 minutes. Rest the arm/hand as much as possible.

ALLERGY / HAYFEVER JAB AFTERCARE

It is normal to expect redness or pain at the injection site, stomach upset, headache, dizziness, trouble sleeping, or weight gain may occur. If any of these effects last for more than a few days or get worse, please tell me promptly. This medication may raise your blood pressure and in severe cases can make you feel down. Again, please get in touch if you have any of these symptoms. You may notice a change in your appetite and urination output.

Please look after the injection site, do not apply cream, fake tan or oil to the area or use a sunbed / sauna / hot bath for 24 hours. It is normal to have a small dent where the injection was done. This will subside over time.



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PIERCING AFTERCARE

- Be careful not to aggravate your new piercing. This includes washing and styling your hair, putting on or removing clothing, and sleeping on your fresh piercing.
- When you shower, make sure all soaps or shampoos are clear of the area.
- Expect build-up of dried matter on the piercing, use the solution provided to reduce the matter twice a day for two weeks.
- Be careful when doing any strenuous exercise when healing a fresh body piercing, and we suggest avoiding wearing tight clothing if it is a body piercing.
- Do not remove your jewelry during its healing time as it will begin to close immediately.
- We suggest you avoid swimming in chlorinated pool water or freshwater lakes during the healing process.
- Do not turn or rotate your jewelry.
- Wash your hands thoroughly when cleaning your piercing. A piercing is an open wound, so dirty hands or fingernails can transfer bacteria.
- Do not clean your piercing with chemicals such as alcohol, Neosporin, or bactine as these products are not designed for piercings. Only use the solution provided.
- Do not pull or pick the dried matter as it is attached to the healing tissue.
- Try to avoid sleeping on the piercing and use a travel pillow to suspend the piercing when sleeping.

EAR PIERCING AVERAGE HEALING TIMES

Lobe - 2-3 Months

Helix - 6-12 Months

Rook, Conch, Tragus, Nostril, Septum, - 6-12 Months

Daith - 9-12 Months

Lip/Oral - 4-6 Months

Navel, Eyebrow & Nipple - 9-12 Months

THE STAGES OF A HEALING PIERCING

To better understand the stages of piercing, we have provided an overview.

Just Pierced - At the beginning of your healing, your piercing will feel tender and will appear swollen. You may experience occasional discomfort which is normal. Be extra cautious during this stage of the healing process.

Healing - Once the initial discomfort has settled, your piercing will begin the full phase of healing. Piercings heal from the inside out which is why it takes some time to heal and requires extra patience. Please refer to our charts above to understand the average length of the healing process for your new piercing. During this phase, you should still be careful with your piercing and continue your aftercare. You may still experience occasional discharge and tenderness.

Healed - A piercing is safely considered healed once you have passed the length of your healing time, the discharge you've been cleaning off for several months completely ends and the jewelry feels natural without any discomfort.



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SKIN BOOSTER AFTERCARE

There may be tenderness, redness, swelling and bruising around the injection site. This is normal and will subside, usually within a few days but bad bruising can last 2-6 weeks. You may feel tingling as the numbing begins to wear off too.

- If swelling or pain persists or you are concerned, please contact me as soon as possible.
- Use a cool pack to reduce swelling and/or redness.
- Do not massage or manipulate the treated area.
- No recovery time is required and you can return to your daily activities immediately.
- Avoid wearing make up for 12 hours post treatment. Avoid extreme temperatures (hot or cold) for a minimum of 7 days after treatment (no saunas, steam rooms, sunbeds or sun exposure) Apply an SPF30+ sunscreen.
- Avoid swimming or exercise for 48 hours.
- Avoid alcohol for 24 hours after treatment.
- Stay hydrated
- The majority of people will notice some results directly after receiving a booster. As the face heals, new collagen forms in the treated areas creating a more obvious difference this takes up to 3 months. It is highly recommended to commit to 3 sessions 1 month apart to gain the best results.

VITAMIN JAB AFTERCARE

You may experience pain and redness at the injection site, mild diarrhea, itching, or a feeling of swelling. If these do not subside as you would expect please contact me. For B12 patients please be aware that your urine, stools and the surrounding water in toilet dish may appear a reddish colour for a few days following treatment. It is not blood it is the colour of the vitamin injected and not of concern.

SLIMMING INJECTION AFTERCARE

Please make sure you are messaging us every 7-14 days with an update on how you are and your weight loss. Please make sure you are weighing yourself at least every 14 days and make sure you are messaging us if you are worried, concerned or have questions. do not wait for us to contact you. You should contact us on: 07931294004 to update us. If you feel sick please purchase anti sickness (travel sickness) from your pharmacy, try pressure bands, mint tea and eating little and often. If the sickness does not subside then contact us for some prescription medication. If you experience tiredness then this will subside over time, redbull, an extra coffee or caffeine supplements can help if absolutely needed. If you experience loose stools or constipation please make sure your drink and take remedies from your pharmacy if needs be. If you experience redness, bruising or pain at the injection site please take paracetamol, use bruise cream or a cool pack and make sure you are alternating the injection site weekly. Very rare side effects of 1 in 2 million are as follows: If you experience any lumps in your neck please discontinue medication and contact us. If you experience any severe stomach pain please consult an emergency department and update us at your earliest convenience.



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SKIN IMPERFECTION REMOVAL AFTERCARE

This therapy is relatively low risk and side effects and complications are usually minimal. Some side effects may occur as a result of the treatment. These may include:

- **Headaches:** Not uncommon when freezing on the forehead, scalp and temples. Can last for 2 hours.
- **Pigment Changes:** Both hypo (lightening of the skin) and hyper (darkening of the skin) pigmentation. Can last a few months or longer.
- **Nerve Damage:** Although rare, damage to nerves is possible especially where the nerves are close to the skin surface (fingers, wrist, behind the ear). Reports suggest that symptoms disappear after several months.
- **Blisters:** These may appear on the treated area but usually disappear after a few hours.
- **Shards of Ice:** The CryoPen delivers a high pressure jet of nitrous oxide. This jet can cause shards of ice to be thrown into the air to a distance of up to 30cm. They will thaw quickly and will not damage healthy skin.
- **Damage to hair follicles:** Hair follicles are easily damaged by cryosurgery and permanent alopecia to the treated area is not uncommon.

Post Treatment Information: If you have had a treatment to remove a skin lesion, you might like to know what to expect in the coming days. While there is very little aftercare required, there are a few things you should be aware of.

Blisters: Blistering can happen with any cryotherapy treatment and is indiscriminate. The Cryopen is the most effective way of avoiding blisters as we are only treating the affected area and not healthy tissue. If a blister does appear, please don't pop it. It will go down on its own. If it pops, weeping may occur. If so use a smear of Savlon or Germolene cream twice a day. An adhesive dressing such as a plaster can be used to cover the area to protect it.

Skin Tags: These turn black at the base and drop off over a period of one to six weeks. Larger skin tags of 3mm+ may need a second freeze. Please rebook after six weeks if they need to be retreated. If the area does become tender you can use Savlon or Germolene twice a day. A plaster can be used to cover the area to stop the treated area being irritated by clothing rubbing on it.

Warts and Verrucae: It is recommended if they are still there, warts and verrucae should be re-treated 4 weeks after your first treatment. There is no aftercare apart from if the treated area develops a blister.

Milia: These are superficial keratin filled epidermal cysts and normally flatten and disappear with Cryotherapy quite quickly. There is no need to do anything other than follow the blister advice if one appears

Pigmentation, Birth marks and cherry Angiomas: The treated area may raise and look like a bee-sting. Do not worry this is perfectly normal. The redness will subside in a few hours.

General advice for all skin lesions In the case of all lesions, over the next 24 hours the area will go darker and develop a crust on the surface. Do not pick this off. When it naturally falls away you will see new skin which is a shiny pink colour. This is not scarring. It will re-pigment over the following weeks and could take several months.

- The histamine reaction in the area which was treated will create an itchy sensation for between ten and sixty minutes, do not worry this is perfectly normal.
- Do not pick the treated area at any time after treatment otherwise the area will take longer to heal. If a wheel/scab is knocked off accidentally it will also take longer to heal, but you should still have the same outcome of a successful treatment.
- Please use a sunblock factor 50 on any pigmentation removal until it has re-pigmented, this may take up to eight weeks.
- You can continue to use make up, deodorant or perfumes on treated areas but try and leave for as long as you can on the day of treatment.
- If the small crust has not fallen off after four weeks please wait until it has done so before contacting the clinic. Skin sometimes takes several weeks and even months to regenerate.
- If the skin being treated is tanned please remember the healing skin will no longer be tanned. It will eventually re-pigment as it matures.
- Permanent alopecia can occur in a treated area which is usually covered with hair.
- Treatments that do not heal after six weeks should be reviewed



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EAR WAX REMOVAL

While wax removal is quick and minimally invasive, it's important to follow aftercare instructions to allow proper healing and prevent complications.

The ear canal can be sensitive after having wax removed, so specific steps should be taken to keep ears healthy, clean, and comfortable.

Proper aftercare will speed healing, prevent infection and swimmer's ear, reduce pain and discomfort, and get your ears and hearing back to normal again. Following these tips will make sure you get the most out of your earwax removal procedure.

Aftercare Tips

- Avoid getting water in your ears for 24-48 hours after the procedure. Protect ears with ear plugs when showering or washing your hair.
- If you are a hearing aid wearer and use any prescription ear drops as directed by your doctor to prevent infection and help with healing. Tilt head sideways and place drops in ear canal.
- Do not insert anything into the ear canal like cotton swabs, bobby pins or tissues, as this could disturb the healing process.
- Avoid flying for 48 hours after the procedure was done to clear blockages or pressure from your Eustachian tubes. The changes in air pressure could cause pain.
- Refrain from vigorous physical activity, exercise, swimming or strenuous activity for 1-2 days following the procedure. This helps prevent complications.
- Use over-the-counter pain relievers like ibuprofen if you experience any discomfort, ear pain or headaches afterwards.
- Avoid using in-ear headphones or earbuds for a few days until ears heal fully. This prevents irritation.
- We recommend staying off work/school for the rest of the day as sometimes balance can be effected

What To Expect

It's normal to experience some temporary blocked or muffled hearing immediately after as the ear canal swells slightly from irritation. This swelling subsides within a few days as the ears heal, and hearing gradually returns to normal.

You may also experience some lightheadedness, vertigo, or a sense of imbalance. This is common and should resolve within 24-48 hours as the inner ear regulates itself again. Ears can remain sensitive, irritated, or itchy for several days following the procedure. Some residual redness or mild discomfort is normal. You may notice cracking or popping sounds as well. This is the ear canal recovering.

Relief comes quickly as the blockage is removed. Hearing, comfort, and ear function improve dramatically over the first few days. It is very rewarding to have your hearing restored.

Remember

Ear wax is natural protection for your ears.

Poking anything in your ears will only push the wax deeper and possibly cause problems and trauma to your ear.

To prevent build-up of excessive wax, if this is a regular problem for you, it may be helpful to book regular appointments which varies from person to person



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