

DERMAL FILLER AFTERCARE

PRE TREATMENT

- Take arnica tablets 5 days before treatment to reduce bruising.
- Stop any blood thinners (e.g. aspirin, ibuprofen, vitamin E) for 7 days prior to treatment. Consult your doctor before stopping any prescribed medication.
- Stop any herbal supplements (such as garlic, vitamin E, ginkgo biloba, St. John's wart and omega 3) for 7 days before treatment.
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid ect. For 3 days prior to treatment.
- Avoid facial laser and Derma pen treatments for 14 days before and after treatment.
- Do not drink alcohol 24 hours before (and after) the procedure.
- Please attend your appointment without makeup on the area that will be treated.

IMPORTANT:

Please contact us immediately if you have symptoms of a blocked blood vessel. This is rare but if you develop increasing pain near or above the site of injection which is getting worse over time, especially if associated with a pale area of skin indicating a lack of blood flow – you should contact us straight away as we may need to reverse your procedure to avoid scarring.

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POST TREATMENT

- Avoid exposure to UV light and heat eg. Sun beds, sauna, steam, hot showers, strenuous exercise for at least 48 hours.
- Avoid wearing make-up for 12 hours to reduce the risk of infection.
- Avoid further clinical treatments (including, but not limited to): microdermabrasion, laser, intense pulsed light and chemical peels for 14 days.
- Any bruising, redness, tenderness, unevenness, lumps and swelling is completely normal. Any of these can last up to 2 weeks. Bruising is usually visible initially, then more obvious the next day before fading over 7 to 14 days.
- True results will be seen up to 14 days after your treatment so please be patient and trust the process. What you see in the upcoming days will not be your final result. This time is needed for your body to go through its healing process.
- Any injection causes an inflammatory response. This can easily cause disappointment over the following weeks because the swelling subsides. The filler has not dissolved nor disappeared, the filler has simply sunken to form a layer at the base of your treatment area. Many clients find they need 2 or 3 sessions in order to layer filler on top of one another, until the filler no longer has room to sink leaving you with a fuller look. This is a process.
- To help with bruising and swelling – Arnica cream and tablets – Cold compress – Benadryl Allergy Relief – all can be helpful. Tenderness should settle as swelling and bruising goes down.