



Dermal Fillers/Skin Boosters (PRP, Sunekos, Revive, Profhilo, Meso, Radiesse Flush) Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

Post - Treatment

- Depending on the extent of the areas treatment you may need time off which can be discussed at your consultation.
- You may return to your normal routine activities immediately following treatment however, it is recommended that you follow the advice of your treating nurse or Doctor below:
 - Apply ice pack or a cold compress to the injection area to help reduce swelling for the first few hours after treatment (Not for PRP)
 - Please ensure to wrap the ice/ice pack in a cloth and avoid putting ice directly on your skin to avoid ice burn.
 - Avoid touching the injection area to avoid risk of infection.
 - Avoid hot extremes for 48 hours post treatment such as sauna, steam room, hot baths etc.
 - Avoid exercise for 48 hours post treatment i.e. swimming, strenuous exercise.
 - Avoid using harsh products for a few days' post treatment i.e. retinol, glycolic, scrubs.
 - No skin or laser treatments on the area for 2- 4 weeks post treatment.
 - In the case of treatment on or around the lips do not drink any very hot or cold beverages for a few hours.
 - It is normal to feel 'firmness' in the treated area for the first few days after treatment. Over time the area will soften, leaving you a soft, natural looking result. It is recommended not to massage or manipulate the treated area(s), unless otherwise instructed by the treating nurse or Doctor.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.



Derma Fillers/Skin Boosters (PRP, Sunekos, Revive, Profhilo, Meso, Radiesse Flush) Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

Side Effects

These can include redness, swelling, pain, itching, bruising, tenderness, firmness at the treatment site. These reactions are generally described as mild to moderate and typically resolve spontaneously a few days to 2 weeks after treatment. These reactions are normal and are to be expected. Depending on the client some bruising and swelling may last longer than a few days. If you are prone to cold sores treatments around lip area may cause a breakout. Please take appropriate anti-viral medication or supplement to avoid breakouts.

Adverse Reactions

Other types of reactions are rare, but approximately one in every 10,000 patients treated with dermal fillers has experienced localised allergic reactions after one or more injection treatments. These have usually consisted of swelling and firmness at the treatment site, sometimes affecting the surrounding tissues and can last for a few weeks. In rare instances such reactions or lump formations like granulomas have persisted for a number of months. Other risks are infection, abscess, necrosis, blindness, scarring and nerve damage.

NOTE

There have been reported cases of nodules forming after dermal filler treatments associated with viral flu like illness. It is possible COVID-19/COVID-19 vaccine may also pose a risk of nodule development after dermal filler or may pose additional risks that are at this point unknown.

Please note the extra considerations for specific filler types

HA Fillers/Revive: Follow Aftercare Advice as above.

Radiesse: Follow Aftercare Advice as above.

PRP: Please follow the advice above. No ice packs.

Mesotherapy/Sunekos/Profhilo: Please note areas treated in particular under eye area you will experience puffiness to the area for 5 - 7 days' post treatment. Apply ice on the area every hour on the first day to reduce swelling.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.