

Aftercare advice for Dermal Fillers

At V&A Aesthetics we want you to be able to achieve the best results from your treatment and have prepared the following instructions as a guide. As always if you have any questions do not hesitate to get in touch with us.

- I. It is normal for the skin to feel numb from the local anaesthetic; this should last for a few hours but might last a little longer as well. In some cases the numbness or tingling where you have had your injections may occur for a few days.
- II. You might get redness around the area of injection for a few hours but it might take a few days to settle.
- III. Bruising is very common. You can use a cold pack and the Arnica gel you have been given in your aftercare pack to reduce the bruising as well as the swelling.
- IV. Avoid make up over the site of the injection for 12 hours, in order to reduce the risk of a skin infection.
- V. Dermal fillers in the lips cause swelling, which is not representative of the amount of filler injected. The swelling in your lips will settle within a few days. Sometimes it might look as if more filler has been placed into one side, which is most likely due to the swelling.
- VI. The treated area should not be exposed to intense heat (sauna, sun beds and sunbathing) and temperatures below 0° for 14 days.
- VII. Certain medications such as Aspirin, Clopidogrel and Warfarin will increase bruising or bleeding at the injection site. Please be aware of the side effects if you are using these medications.
- VIII. You might get a flare up cold sores if you have had them in the past.
- IX. Avoid touching and massaging the areas that have been treated.
- X. Strenuous exercise should be avoided for the first 24 hours
- XI. Heavy alcohol consumption can contribute to bruising and swelling and should be avoided for at least 24 hours.
- XII. We recommend avoiding skincare and laser treatments for 14 days after your treatment with us. Inform your practitioner that you have had Dermal fillers.
- XIII. Finally, when you notice the results of your treatment is wearing off, then please contact us to book another appointment.