

After care for Dermal Fillers (lips, nasolabial folds marionette lines, nose, cheeks, Tear troughs, Jaw and chin)

It is extremely important that you follow the aftercare to maintain the results and avoid any risk of infection.

Dermal filler is temporary and it dissolves gradually over time. Each filler is different, but main fillers lasts between 6-12 months and in some people it can last longer.

Top ups will be needed to keep your desired look. Should you decide you no longer want filler, dissolving is an option we can also discuss.

For all below dermal filler aftercare information it is important to keep the area/s sterile and clean after the treatment for at least the first 24 hours. Avoid applying any makeup on the treated areas for 24 hours.

Avoid sunbeds for 2 weeks, saunas for 48 hours, facials for 2 weeks.

Avoid alcohol after your treatment for 24 hours. Only light gym/exercise the following day.

·Lips - Lumps can occur in the lips. This is normal however it should be treated with massaging. I recommend every client to gently massage the lips for 20 second for the first 3-5 days after receiving your treatment. Then to check the lips every day up until 2 weeks after receiving your treatment, The lips should have settled completely by 2 weeks. Massaging would have been explained and demonstrated to you during your treatment. (finger and thumb, moving in a circular motion around the lips for 20 seconds back and forth.) If you don't feel or see any lumps or bumps then you don't need to do this after the 3-5 days. Failing to do massaging can cause lumps which could need dissolving and should be avoided.

After your treatment it is normal for your lips or the injection site to have white red marks this is from anaesthetic(lidocaine), this will only last a few hours.

Bruising is a common side effect and if you are affected by bruising, please apply ice to the area to reduce this. You can also cover this with makeup 24 hours after receiving your treatment.

Dermal filler applied to the lips often causes swelling, in some cases severe swelling. The amount of swelling is not proportional to the amount of filler inserted. Unevenness can happen due to swelling however this should even out once the swell goes down. The main swelling occurs the following day and can be more severe if intoxicated after your treatment. Your lips should take anything from 1-3 days to settle swelling fully and then you will have your final result around 2 weeks after your treatment.

·Cheek/chin and Jaw. Sleep on your back for the first 2 weeks to avoid pressure on the filler.

·Tear Troughs. Try not to apply pressure to the area, it is a delicate area of skin and therefore needs to settle on its own.

·Nasolabial folds/ Marionette lines. The skin for these areas tend to be much thicker, therefore the aftercare is very minimal. No makeup for 24 hours, keep the area clean.

·Nose- Avoid pressure/glasses for the first 2 weeks.