

Treatment Advice Sheet Hyaluronic Acid Dermal Fillers

Pre treatment advice

Avoid aspirin and anti-inflammatory drugs such as Ibuprofen (nurofen) for a couple of days before treatment as this may reduce the risk of bruising

Post treatment skincare

Avoid touching the treated area for 6 hours following treatment. After that, a light make-up can be applied and the area can be gently washed with soap and water. Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing) or extreme cold. Keep the area clean to avoid infection washing with soap and water will help – but there is no need for antiseptics or special creams

The practitioner will inject the product into the skin where necessary, sited at the necessary areas. If simply left alone after treatment, these globules can become visible or palpable as lumps.

Following the injection of tissue augmentation products, it is vital to massage the area regularly for several days post-op in order to distribute the product evenly and get the best possible results.

The massage carried out should not be hard enough to remove the product all together, but simply to distribute it evenly.

For nose to mouth lines:

Place your thumb inside your top lip, as high up the skin crease as you can reach, and your finger on the outside of the lip at the same place. If you can feel any lumps of gel, simply roll your finger and thumb together gently until the lump is softer and spread a little. Move down the line and repeat the procedure until you reach the lower end of the skin crease. Repeat several times a day for up to a week.

Corner of mouth lines:

As above, but placing your finger inside your mouth at the lowest point on the skin crease and your thumb on the outside of the lower lip. Work up to the lower lip line.

For lip lines:

Place your finger just on the lower lip, at one outer corner, and the thumb just outside the lip line. Roll the lip line gently to distribute the product, working along the bottom lip as necessary. Repeat with the top lip, placing the thumb on the lip and the finger outside the lip line.

**If you have any concerns regarding this advice please do not hesitate
to contact the clinic on 01204 570900**