

Dr Wells

A E S T H E T I C S

POST TREATMENT INSTRUCTIONS:

DERMAL FILLERS & SKIN BOOSTERS

We hope you had a wonderful experience in clinic today & look forward to seeing you again soon!

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<https://g.page/r/CcRy6UGw-wCiEBM/review>

After your procedure today, it is important to follow any specific instructions provided to you by the clinician.

If you have any questions about those instructions, please ask your clinician to clarify them for you.

Up to 24 hours post-treatment:

- Immediately following treatment our skin may be red with pin prick marks and possibly swelling and bruising - particularly in the lips. Any swelling and bruising may be more apparent the following day after treatment.
- Makeup must not be worn for 24 hours after treatment.
- Avoid alcohol and vigorous exercise for 24 hours post treatment.
- Swelling may worsen in the first 24 hours. Visible swelling should settle within 1 week after treatment. Clean cold packs can be applied after treatment to help reduce swelling.
- Bruising may take a few days to appear and can take up to 10 days to resolve. Arnica creams may be helpful to help clear the bruising. Avoid ibuprofen and alcohol for 24-48 hours after treatment to help reduce bruising and swelling.

1-4 weeks post treatment:

- Refrain from placing any pressure over the treatment area for the first week following treatment, i.e. trying not to sleep on one side of the face.
- Avoid sunbathing, sunbeds or extremes of heat or cold for 2 weeks following treatment. These activities have been found to increase and prolong bruising and swelling.
- As a consequence of swelling and internal healing the product may feel harder or lumpy and you may notice some asymmetry. The final settled result will be visible 4 weeks after treatment.

- Tenderness should settle as swelling goes down and bruising heals over the course of 4 weeks post treatment.
- Do not have any non-emergency dental work for 4 weeks following treatment with dermal fillers
- Do not have invasive laser or skin treatments in the same area as your fillers for 4 weeks following treatment.

It is very important that you contact Dr Wells Aesthetics (+44 7500 456 490) immediately if you experience intense pain, mottled skin pattern or discolouration of the skin over the area or surrounding area immediately or in the first few days following treatment.