



DERMAL FILLER AFTERCARE

To enjoy the best results from your dermal filler treatment and to avoid any adverse reactions it is important to follow your aftercare instructions.

Immediately after your dermal filler treatment, you may notice mild to moderate swelling, bruising, tenderness in the treatment area. This is normal and should subside over the coming days.

Pain is usually mild. In some cases, moderate pain is experienced. If you require pain relief, paracetamol is recommended.

For swelling relief, you can apply a clean cool compress. You may also apply arnica cream to any bruising.

FOR THE 24 HOURS FOLLOWING YOUR DERMAL FILLER APPOINTMENT:

- Keep the treatment area clean.
- Do not touch the treatment sites as this can increase the chances of infection and the product spreading to another muscle.
- Use only a quality mineral makeup and apply with a clean brush.
- No saunas or sweating
- Avoid alcohol.
- Drink plenty of water.
- No active skin care (retinoids / vitamin A / AHA's) products

FOR 3 DAYS FOLLOWING YOUR DERMAL FILLER APPOINTMENT:

- No strenuous exercise for the next 24-48 hours
- No face down massages for the next 48 hours
- Avoid medications such as aspirin and ibuprofen.
- Avoid excessive sun exposure.

FOR THE 2 WEEKS FOLLOWING YOUR DERMAL FILLER APPOINTMENT:

- No face down massages (for the next 7 days)
- Do not massage, press or push the areas injected unless otherwise directed by your practitioner.
- No other facial or aesthetic treatments to the treated area
- Avoid facials, peels, laser hair removal or waxing in the treated area.
- Apply SPF 30+ sunscreen daily.
- The product takes 14 days for full effect, and it is recommended to attend a review appointment after 14 days to assess the results of your treatment.

DERMAL FILLER ADVERSE REACTIONS

The following symptoms are NOT considered a normal reaction following a dermal filler treatment:

- Skin Discoloration to the treatment area or surrounds that appear purple/blue/white/grey in color. This is a sign of a vascular occlusion and requires immediate intervention.
- Ulceration or blistering to the treatment area or surrounds.
- Severe swelling that impacts normal activities (eg. eating, drinking, sleeping)
- Increasing pain within the days following treatment
- Redness and heat to the injection site or surrounds
- Inflamed, hardened lumps with discomfort to touch.
- Discharge, ooze or persistent bleeding from the injection sites.
- Persistent itchiness with or without a rash
- Delayed sudden presentation of hard, inflamed lumps in the areas of injection.

If you are experiencing any of the above adverse reactions or if you are concerned about anything else following your treatment, contact your practitioner immediately to organize a review.

DERMAL FILLER RESULTS & LONGEVITY

The longevity of dermal filler results is influenced by several factors, including the dermal filler type, treated area, and volume applied. The individual's natural metabolic rate and external factors, such as, sun exposure and smoking can also affect the degradation of hyaluronic acid, causing it to break down faster. The longevity of dermal filler results typically ranges from 6 to 24 months.

FOLLOW UP APPOINTMENT

At HydroDerm Skin Clinic, we offer a 4-week complimentary follow-up appointment to assess the results of your dermal filler treatment. In the meantime, our team is always here if you have any questions or concerns about your dermal filler treatment.

THANK YOU FOR CHOOSING HYDRODERM SKIN CLINIC.