

AFTERCARE & Advice

Dermal Fillers (Hyaluronic Acid)



The results of dermal fillers are immediate & last for 6-18 months

If you have undergone a dermal filler treatment, a hyaluronic acid gel was injected into your skin or lips to improve shape, proportion, lines, shadows or wrinkles.

What's Normal after a Procedure?

Due to the anaesthetic in the gel, you may feel numbness or tingling immediately after the procedure, and have some moderate swelling, redness, bruising and tenderness over areas treated. Some people experience a dull ache, and tenderness over the treated areas which subsides between 48-72 hours. Mild, non-painful swelling can last for up to 2 weeks. Bruising is usually visible initially, then more obvious the next day before fading over 7 to 14 days. A small minority of bruises can last for 4-6 weeks.

How to Protect Your Result & Reduce Side Effects

- For 48 hours you should avoid exposure to UV light and heat i.e. sauna, steam, sun beds, hot showers, strenuous exercise etc, as this may increase discomfort and swelling.
- Keep the area cool with a cold compress, but don't apply ice which can cause injury.
- Try to avoid unnecessary pressure over any areas treated, especially in the first 24 Hours.
- Avoid facial massages or skin resurfacing until the area has healed fully.

Reduce the Chance of Infection:

Reduce the risk of infection and reaction by not touching the area for 6 hours.
Do not apply make-up over injection points until the day after the procedure.

When to Contact Us...

Serious complications are rare, but it's vital you seek urgent review if anything like this occurs:

- Swelling, puffiness or lumpiness which does not fade in the first week with a gentle massage.
- The filler changes texture and becomes hard, nodular or lumpy, especially if there is redness or tenderness after 48 hours. All these symptoms may indicate a need for medical assistance from your clinician or family doctor if you are unable to see us, but please contact us so we can advise.

IMPORTANT: Contact us immediately if you have symptoms of a blocked blood vessel.

If you develop increasing pain near or above the site of injection which is getting worse over time, especially if associated with a pale area of skin indicating a lack of blood flow you should contact us straight away. **In rare cases, an urgent reversal or other medical interventions may be required immediately to prevent scarring. If we are unreachable attendance at accident and emergency is advised.** Make contact with us soon as possible so we can advise other clinicians to help them.

