

POST-TREATMENT INFORMATION AND INSTRUCTIONS

Please read the following and keep it for reference for common and uncommon side effects of the treatment and for post-treatment care.

If you experience any significant discomfort or side effect as a result of treatment, you should notify the clinic immediately.

DERMAL FILLERS

Side effects

Common	Uncommon	Rare or very rare
Redness in treatment area, usually resolves within 24 hours	Lumpiness which may be amenable to massage in the first 2 weeks.	Bluish or other discolouration in the treatment area
Swelling of treatment area, usually resolves in 2 days. The extent of swelling varies from person to person	Itching in the treatment area or allergic reaction (to filler or anaesthetic)	Abscess or infection
Bruising, usually resolves in 7-10 days; may be worse if you are taking anti-inflammatories, fish oil, krill oil or St John's wort. The extent of bruising varies from person to person	If you have had cold sores in the lips (or in the treatment area), the treatment may provoke cold sores to develop. Prophylactic medication may be necessary	Granuloma (about 1:2500-4500) may develop a few months to a few years later. This is an inflammatory reaction which usually responds to treatment
Tenderness may persist for up to 2 weeks	Late swelling, after 2 weeks, may sometimes occur after treatment in the tear trough area	Skin necrosis and/or blindness due to the filler entering blood vessels (about 1:500,000-1:1000000)

Post-Treatment Instructions

Keep the skin clean and dry. Makeup can be applied to the skin the following day.

Unless otherwise instructed, avoid massaging or applying firm pressure to the treatment area.

Bruising can be managed with Arnica cream applied very gently to the skin or simply using makeup. Applying cold packs (not ice) may assist in reduction of the swelling associated with bruising. Antihistamines will not help reduce swelling.

Swelling may be managed by keeping upright for the first few days and sleeping on a few pillows. Drink plenty of water but not to excess. There is a small risk of increased swelling in the treatment area if you fly in the first few days after dermal filler. This does not mean you cannot fly but you should be prepared for any extra swelling.

Avoid any laser treatments in the treatment area for at least 2 weeks.

CONTACT DETAILS

Clinic Phone: 02 9683 5852
Clinic Email: info@cosmeticmd.com.au