

# Collagen Stimulating Injections Advice

## *What are the Risks involved in having a treatment?*

Some of the possible risks include:

- After the injections some common injection-related reactions may occur, these may include swelling, redness and pain, itching and **bruising** at the injection site. These typically resolve spontaneously, usually with 1 to 10 days after injection
- Because it is injected in a solution containing water, there will be an initial swelling or fullness that will be noticeable for at least several hours and perhaps as long as several days. This effect is temporary and it is not related to the plumping effect from the treatment, which occurs later.
- Induration, or a feeling of fullness or thickness, can be felt in the injection areas. This is a normal response of the treated tissue due to the process of inflammation and new collagen formation.
- One possible delayed side effect includes small bumps under the skin, which feel like grains of rice under the skin and can be felt but not seen. Although very rare they tend to happen within the first 6 to 12 months after the treatment. They usually do not require treatment, and usually do not have any symptoms. Larger, visible bumps may occur in extremely rare instances, and they may be associated with redness, tenderness, skin discolouration or textural alteration.
- Allergic reactions are rare and consist of prolonged redness, itching, swelling or a hardening of the skin around the injection site.
- Other rare reported side effects include injection site infection and over correction of a problem area.

## HANDY HINTS

- Don't take any medications or natural supplements that may thin the blood and encourage bruising for 1 week before the treatment and a couple of days after the treatment
- Don't have any alcohol for 48 hours before the treatment and 24 hours after the treatment
- Don't arrange any special social events for a couple of days after the treatment
- Don't have any hot drinks immediately before the treatment
- Don't have a treatment done if you are sick
- You can get Arnica Pulvules from a health store or chemist and take these before your treatment. They are a natural therapy to reduce the occurrence of and treat swelling and bruising. We will give you some Arnica Cream to apply after the treatment.
- If you have previously had a permanent filler eg Aquamid or NewFill or a semi-permanent filler eg Radiesse, let your cosmetic practitioner know before you have this treatment. The possibility of unknown risks does exist if different products are injected at the same site.
- Let us know if you get cold sores before you have this treatment (you can get some Lysine tablets from the health store and take these before your treatment but we can also give you a prescription for an antiviral medication which is more effective)
- You **MUST MASSAGE** the treated areas firmly with a greasy moisturiser 3 x daily for 10 minutes for 10 days or alternatively 5 x daily for 5 minutes for 5 days