

DERMAL FILLERS ADVICE

Dermal Fillers are generally made up of Hyaluronic Acid in a gel base. Hyaluronic Acid is 'water attracting' and it is this ability that makes dermal filler so effective at 'filling' a wrinkle or enhancing the volume in an area such as the lips. Swelling is an essential part of a Dermal Filler treatment because it is a natural result of putting Hyaluronic Acid into a local area of the skin. In general, swelling will settle 24-72 hours after the treatment has been done. Any swelling seen immediately after the treatment is likely to be uneven in its distribution and may give the illusion that the treatment itself is uneven. This may be exacerbated by the presence of any **bruising** after the treatment. It is therefore advisable to be patient and allow all of these common post treatment occurrences to settle fully before checking the final result of the treatment. This may take several days in some cases and if you are concerned about any persistent bruising or swelling please feel free to call the clinic for further advice.

It is very rare to get any lumping of the filler but if it does happen it can commonly be massaged away and any persistent lumps can be dissolved by injecting hyaluronidase (extremely rare). It is also extremely rare to get any infections from the injection of Dermal Fillers and if it does happen it is usually localised to the injection site and can be treated by a simple antibiotic medication. The only complication of concern is one that involves an effect on the circulation to the skin. If persistent skin discolouration (grey or white) or persistent pain occurs please contact the clinic for further advice or for a follow-up consultation.

HANDY TIPS:

- 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 (eg Nurofen, Aspirin, Voltaren, Fish Oils, Vitamin E, Glucosamine, Multi-Vitamins)
- 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 or after the treatment
- Don't undertake any physical activity for 24 hours after the treatment (eg Jogging, Gym)
- Do drink plenty of water 24-48 hours after the treatment.
- Don't pick or touch the injection sites immediately after a treatment
- Don't wear makeup immediately after a treatment
- Don't have a treatment done if you are sick
- Let us know if you get cold sores before you have a lip 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 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.

Unfortunately, everything we put on, in or expose our body to has a potential side effect. Luckily, any side effects from this treatment are very uncommon.