

CONTOUR FILLER
AFTERCARE INSTRUCTIONS

GENERAL ADVICE

During the first 24–48 hours after treatment you will experience redness, swelling and tenderness in the treated areas. These responses are normal and resolve quickly and spontaneously over the next 2-4 days. You can apply light water-based or mineral makeup where necessary. Drink plenty of cold water for 48 hours after the procedure.

Bruising at the site of injection is also common and clears completely in 1-10 days. Please see your aftercare pack instructions for advice and therapies to help with any bruising.

Swelling and bruising can give the appearance of 'unevenness' in the area treated. This will settle once the swelling and bruising has gone. Please contact the clinic for advice if there is any 'unevenness' present after 14 days. If you would like further enhancement, it can be done after 1-2 months.

NOTE: Any additional products required will be charged at the usual rate.

After your contour filler treatment you should:

- Avoid alcohol, caffeine, hot drinks and spicy food for 24 hours, as these may exacerbate bruising and swelling.
- Avoid medications such as aspirin or nurofen for 1-2 weeks as they are blood thinning agents and may exacerbate bruising (if these medications have been advised by your GP please check with your GP before stopping them)
- Avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 1-2 weeks (if these supplements have been advised by your GP please check with your GP before stopping them)
- Avoid exercise/exertion for 24 hours
- Avoid excess sun exposure or solarium use for 24 hours
- Apply ice frequently as required to the area injected for up to 6 hours after the treatment. This will prevent or help to alleviate any bruising. It will also help to reduce any swelling.

You can use Arnica cream and arnica tablets (present in your aftercare pack or available for purchase from the clinic) to help alleviate any bruising. NOTE: bruises can last 1-10 days. They are TEMPORARY and will completely disappear over time with no effect on your treatment. Once bruising has formed (within the first 48 hours) it is better to apply warmth to the area to encourage the body's natural reabsorption of the bruise from the skin.

Please advise your cosmetic practitioner prior to treatment if you have suffered in the past with cold sores on the skin or lips. This viral infection may be re-activated by some injectable treatments. You are advised to take an anti-viral medication such as Zovirax on the day of your treatment and for several days after your treatment (available for purchase from the clinic prior to your treatment) or L-lysine (available from the chemist or health store) for 2-3 days prior to and a week after your treatment. If cold sores develop after your dermal filler treatment please call the clinic immediately to purchase Zovirax medication from the clinic.

It is advisable to massage the treated areas gently with a greasy moisturiser or arnica cream 2 x daily for 1-2 days. If any lumps occur, gently massage the areas 2-3 x daily for 3-4 days with your fingers and a greasy moisturiser. If no lumps are visible, you do not need to massage the areas for a prolonged period.

DO NOT MASSAGE ANY AREA TREATED WITH CONTOUR FILLERS IF YOU HAVE ALSO HAD MUSCLE RELAXANTS INJECTED IN THE SAME AREA

If you would like further enhancement of an area, please contact your cosmetic practitioner for a follow-up appointment or advice as to when a further treatment can be carried out.

If you suffer any allergic responses, prolonged generalised symptoms or any lumps/unevenness persists after 14 days, please contact your cosmetic practitioner for advice on Ph 0755 933388.

IMPORTANT NOTE:

In some treatments there is a small risk that the contour filler will press on small blood vessels causing a reduced circulation of blood to the skin. This can lead to tissue damage and possibly scarring. If you experience prolonged pain in the area injected and/or a change in skin colour (paleness, white or dusky grey discolouration as opposed to the purplish/red colour of a bruise) within 24 hours after your treatment, please contact your cosmetic practitioner immediately for advice.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

- Botulinum Toxin A (BTXA) treatment
 - Platelet Rich Plasma (PRP)
 - Hydrating Skin Boosters
 - Dermal Fillers
 - Dermapen Needling and/or Home Rolling Kit
 - 'Titan' Skin Tightening treatment
 - Environ Radiant Infusion
 - Ultra Smooth Infusion
 - R8 Intense Range of Face & Body Infusions
 - R8 Anti-Aging Eye Infusion
 - Environ AVST and/or CQuence Range and/or Colostrum gel and/or Focus hydrating serum
 - ASAP Vit A & Vit B Serum
- } These treatments will prolong the effect from the contour filler

Please contact Rejuven8 Cosmetix for a complimentary consultation for further information about any of the above treatments or products.