



GENERAL ADVICE

It is normal to be tender and swollen after treatment. You may also experience redness, bruising and numbness, if you have local anaesthetic then you may be numb for 2-3 hours. Avoid hot food and drinks for this period, and if your lips are numb, take care not to accidentally bite them. If there is any other irritation, it usually only lasts a day or two. If irritation continues after this period or any other reactions occur please don't hesitate to contact me.

BOTULINUM TOXIN

Do not touch areas treated for 3-4 hours. Do not do any strenuous exercise or drink alcohol for 24 hours (48 hours for those who have been treated for excessive sweating). Repeatedly tense the treated muscle groups for 3-4 hours so the toxin is taken up by the muscles well. Any review appointments need to be between 2-3 weeks after initial treatments, no longer. You may experience some aching muscles that are having to work harder because other muscles have been relaxed with the toxin. This can be uncomfortable for a few days. It may be in the form of a headache or neck muscles for example. This does wear off as these muscles build up a little strength. You may also notice a slight weakening of muscles close to the muscle being treated.

DERMAL FILLER

Avoid touching the treated areas for at least 6 hours and do not apply make up within this time frame. After 6 hours you can gently wash the area with soap and water and apply light make up if absolutely necessary. Avoid any vitamin A / retinol for the rest of the day. An ice pack can be applied to help tenderness.

Your face may feel stiff and tight immediately after treatment. You will have some redness, tenderness and swelling at the treatment site. Itching may also occur.

The filler may feel lumpy and hard for a few weeks. It will soften and feel more natural in time, the immediate results aren't final as the filler takes time to integrate. You cannot see final results for a couple of weeks. Swelling is therefore common for up to 2 weeks. Lip injections can cause swelling for up to 1 week and can appear uneven and lumpy in this time. Lumps can be massaged firmly to smooth out but this usually happens with time.

Do not engage in strenuous activities or drink any alcohol for 24 hours.

Do not use creams that contain alpha hydroxyl acids.

Avoid the sun and use sun cream at all times.

Patients taking aspirin or blood thinning medications should be aware they may experience more bleeding and bruising at the treatment sites.

Lip injections or treatments around the mouth may cause cold sores to flare up.

It is impossible to achieve perfect symmetry using filler. We try but it is rarely achievable. Your face before treatment is naturally symmetrical and is unlikely to be exactly symmetrical after treatment, everyone has a slightly flatter side due to sleeping positions, this is normal and to be expected after treatment also.

Occasionally other fine lines are produced after placing filler in a certain area. This can be due to skin folding and creasing a slightly different way due to the volume under the skin being altered.