



# COSMETIC FACIAL CLINIC

## POST TREATMENT ADVICE FOLLOWING DERMAL FILLERS

### INCLUDING: TEAR TROUGH, CHEEK SCULPTING AND LIP ENHANCEMENT

After your treatment:

- Do not touch or apply make-up to the treated area for 6 hours.
- Avoid alcohol for 24 hours.
- Avoid strenuous exercise for 24 hours.
- Avoid extremes of heat for one week eg: sauna, solarium, sun bathing, skiing etc
- If you experience any discomfort we would recommend that you take paracetamol (but avoid aspirin and anti-inflammatory drugs eg ibuprofen).
- Bruising can be treated with arnica cream.
- Swelling can be treated with a cool pack (but avoid ice).
- The effects usually last 6-12 months.
- If you have had Cheek Sculpting with Sub Q you should avoid sleeping on your side for 2 nights.
- If you have any concerns or questions please call the Cosmetic Facial Clinic on 0870 1436743