

FILLER COSMETIC INJECTABLES TREATMENT CARE

LIP & CHEEK FILLER TREATMENT CARE

BEFORE YOUR TREATMENT

- Let your nurse know if your medical history has changed, or if you have changed/taken a new medication or started taking herbal supplements.
- Avoid consuming alcohol for 24 hours pre and post treatment.
- Do not have any treatments that break the surface of the skin for 7 days prior to treatment.
- Do not have international travel planned for 2 weeks.
- Do not have dental treatment planned in the next 4 weeks.
- If you have a big event, eg. wedding, we recommend you allow at least 3 weeks prior for your treatment or 4-6 weeks if it is your first time having the treatment.

AFTER YOUR TREATMENT

- Swelling after filler treatment is completely normal
- For lip filler, the size of your lips immediately after treatment is not a true reflection of the final result. Don't expect initial fullness to stay the same. Minor swelling can last a few days, possibly longer, depending on multiple factors.
- Your skin may show redness and swelling for 24-72 hours post treatment.
- You may apply ice to treated area but do not apply too much pressure for a few days.
- Bruising can be a common side effect of this treatment; you may ice on and ice off for ten minutes to help prevent this from occurring.
- There is a small chance you will experience pain, firmness, lumps/bumps or itching. These are normal side effects, however, please call your nurse if you are concerned. Generally, these are temporary, and they can last up to a week.

Be sure to follow the specific guidelines of your nurse following your treatment including:

- Stay hydrated - drink plenty of water.
- Avoid strenuous exercise and extreme hot temperatures for 24-48 hours post treatment including saunas and spas.
- Avoid blood-thinning medications, including aspirin and ibuprofen (unless prescribed by your medical practitioner then please continue with these).
- Avoid smoking and smoke exposure.
- Avoid any skin treatments in the area for 4 weeks.
- We recommend not to fly internationally for at least 2 weeks after getting cosmetic injectables.

For best results, follow your home care regimen as instructed by your nurse.

If you have any questions or concerns, please contact us on 0800 633 066 or email your local OFF & ON branch.
www.offandon.co.nz

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