

# HAUT.

## Dermal Fillers

### Pre Treatment

For around 72 hours prior to your treatment, try to avoid any medication or substances that will thin your blood and thus increase your risk of bleeding/bruising. For example; aspirin, anti-inflammatory medication (Ibuprofen, Naproxen) and the big one - alcohol! For the same reason, it is worth avoiding some supplementary medication such as St. John's Wart, Vitamin E and Fish oil/Omega-3s.

### Post Treatment

You will more than likely have some swelling/ bruising following your injections. For some people, these show up right away and for others they crop up within a couple of hours. These bruises can last up to two weeks, so it is important you are mindful of big events coming up.

It is important that you avoid touching the treated area with unclean hands to reduce to spread of infection. Although very tiny, there are still little holes from the injection points where bacteria can enter. Keep the area clean and avoid make up for 12 hours if possible. For the same reason, it is also worth noting you will need to be mindful of kissing for the first 12 hours. You will be advised on how best to massage the treated area at your appointment, if you wish to do so.

You will be provided with a cool pack following your treatment. Using a cold compress on the area after the procedure can help with the reduction of swelling. If you feel swollen, continue to cool on and off for 5 to 10 minutes every hour for the first day or two. Make use of Arnica cream to minimise bruises at the injection sight, and for comfort (some of the cleansing products can be quite drying!).

Try to avoid extreme heat and extreme cold for around 7 days post treatment. For example:

- Saunas
- Steam rooms
- Hot tubs
- Spa's/facials which involve heat/ice treatments
- Very hot/cold holiday destinations

It is also worth avoiding extreme or intense exercise for around 24 hours post treatment.

It is advisable that you avoid alcohol for 24-48 hours following your treatment, in order to reduce the risk of further bruising.

## Side Effects

### Cold Sores

If you already suffer from them, there is evidence to suggest that a dermal filler treatment around the mouth area can 'trigger' new cold sores forming. It is a good idea to perhaps take your usual treatment tablets just before and for a few days after the procedure in order to minimise this risk.

### Swelling/ Bruising

Although some is expected; excessive or concerning swelling or bruising must be reported immediately. There is no guarantee that you will undergo a treatment involving needles to the skin and not have some temporary bruising or swelling. However, it important to note than some bruising/ swelling is indicative of an adverse reaction and must be dealt with immediately. Please see below for further information.

### Safety

Vascular Occlusion/ Vascular Compromise - this is the big one. Although very rare, blocking an artery/vein with dermal filler placement is possible - even when not injecting 'high risk' areas. Due to the vast amount of blood vessels in our face and the small tweaks in our individual anatomy, avoiding a vessel at all costs is a little tricky. Hence why we do get some bruising following treatment. Although EVERY single safety aspect is covered to reduce to possibility of occluding a blood vessel, it is still something we take very seriously as a clinic.