



## Medicine of Cosmetics

### After Care for Hyaluronic Acid Dermal Filler Treatments

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1. Gently rub or massage the area for 24 hours.
2. Avoid putting excessive pressure on the treatment area for 24 hours.
3. Avoid alcohol and smoking for 24 hours post treatment.
4. Do not use AHA's, retinol, Vitamin C, IPL, Chemical peels, or microdermabrasion for 2 weeks after treatment.
5. Avoid strenuous activity for the remainder of the day post treatment.
6. Apply a cool compress for 10 mins every hour on the day as tolerated for swelling & pain.
7. It is recommended to avoid extended exposure to excessive heat or freezing temperatures for up to 2 weeks.
8. It is recommended to avoid extended exposure to the sun or UV light for up to 2 weeks.
9. While you may experience no side effects at all, you may experience redness, pain, swelling, firmness, bruising, itching or discolouration at the treatment site for 1-7 days.
10. It is not recommended to apply make-up for 12 hours after treatment.
11. It is advisable to consume at least 2L of water a day for the first 3 days post treatment to get the most hydration to the gel as it settles in the skin.
12. The treated area may feel lumpy for up to 4 weeks this can be normal, it can take several weeks for the gel to settle.
13. It is advisable to see your practitioner 4 weeks post treatment to review the results.
14. Your filler will gradually decrease and metabolise over time and can last from 4-18 months depending on the product chosen and where it is placed.
15. To maintain optimal results, see your injector for a review appointment in 6 months.

Please Contact Medicine of Cosmetics on 0421 952 996 if you have any concerns.