



Dermal Filler treatment Aftercare

- **Drink plenty of water 2 litres or more for the first 21 days at least**
- **Keep the area(s) clean and moisturised for at least 24 hours**
- **No alcohol for the first 48 hours, and no excessive alcohol for the first 21 days**
- **No hot showers, baths, saunas or steam treatments for the first 24 hours**
- **No sunbeds during the first 21 days to avoid uneven product breakdown**
- **No smoking for 6 hours post treatment**
- **Do not touch the area's for 6 hours post treatment**
- **No Facial treatments or massages for the first week**
- **No hot food and drink until the numbing cream has worn off completely**
- **Chemical peels & microneedling must be performed at least 6 weeks after treatment**

Most common side effects are; tenderness, bruising, swelling, deflation, temporary lumps, stinging and the area may appear uneven. To relieve symptoms you can apply a cold compress or take antihistamines for any minor swelling. Arnica can be used for bruising and paracetamol can be taken if the area feels tender, all side effects may come and go during the 21 day period.

For any other problems, serious complications or concerns you **MUST** contact Pinkies so that you can be examined as soon as reasonably possible. If the product needs to be removed you need to receive a patch test 48 hours prior.

Please note: if you require more product it cannot be administered until 21 days post treatment

Emergency Contact Number 07841697779