

- You may experience mild redness, swelling or tenderness post-injection. This is normal and is to be expected
- Bruising may occur immediately or just after injection
- Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days after treatment
- Do not, touch, press, rub, or manipulate the injected areas for at least 6 hours after your treatment
- Avoid vigorous exercise, sun and heat exposure for 2 days post-treatment
- Avoid the use of Retinol or similar products 2 days after treatment
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or microdermabrasion for 2 weeks after your treatment
- Try to avoid wearing makeup or lipstick until the day after your treatment
- If you have had cold sores or oral herpetic infection in the past, any treatment to your face may trigger reactivation
- One side or area of your face may heal faster than another side. The treatment area is best reviewed at least 4 weeks post-treatment
- Please continue all medications prescribed by your doctor, hospital or consultant. There is no requirement to stop medications after injection with hyaluronic acid fillers
- Please contact your healthcare practitioner without delay if you experience any of the following after your treatment:
  - Any pain in the eye area or visual disturbance
  - Discoloured blotches, which may appear to look like a spreading bruise
  - Skinblanching, which may appear to look like areas of skin whitening
  - Severe or increasing levels of pain
  - Pustules and/or blisters on the skin
  - If your skin becomes red, inflamed and hot to touch
  - If your skin becomes increasingly swollen
  - If your skin becomes increasingly itchy