

POST-TREATMENT CHECKLIST



Immediately after treatment with a Hyaluronic Acid (HA) dermal filler, there may be a slight redness, swelling, tenderness or an itching sensation in the treated area. This is a normal result of the injection and generally disappears in a few days.

The initial swelling after a lip treatment may last longer. If symptoms persist or other reactions occur please contact your physician.

Where possible, please use the 3 C's of post-treatment outlined below as well as any other instructions given by your physician.

Cool

- Apply a cool compress for 10 minutes every hour on the day of treatment (do not apply ice directly on your skin)
- Avoid strenuous exercise for 24 hours
- Do not expose the area to intense heat (e.g. solarium or sauna)

Calm

- Avoid pressure on treated areas for the first few nights, especially if treated with Restylane SubQ (i.e. sleep on back if possible)
- Pain relief such as Panadol may be taken if needed to maintain comfort
- To reduce any bruising you may wish to apply a topical treatment such as Arnica or Hirudoid cream

Clear

- Avoid alcohol for 24 hours
- Do not use AHA, Retinols/Vitamin C therapy or oil base make-up during the first 24 hours
- Avoid facials, facial waxing, Glycolic or AHA peels, IPL or energy based treatments and microdermabrasion for two weeks after treatment. Please check with your physician before undergoing other facial treatments within this time
- Do not massage the treated area unless instructed by your physician
- There is a small chance that the treatment may induce an outbreak of facial cold sores in patients with a previous history

TREATMENT DURATION

- HA dermal fillers are long lasting but not permanent.
- Most patients choose to have follow-up treatments 6 to 12 months after an initial treatment.
- Lips are generally retreated after approximately 6 months.
- Further treatment within 2 to 4 weeks after the initial treatment may be necessary to achieve an optimal correction.

Next Treatment: _____

Date: _____ Time: _____

Comments: _____

