



Aftercare CaHa

- After treatment, you should allow your skin to rest and should not apply make-up for at least 12 hours.
- Avoid touching the treated area to minimise risk of infection. You can prevent or treat swelling with cold compresses or ice-packs.
- After a treatment on or around the lips, do not drink very hot or cold beverages whilst numb.
- For the first 2-3 days after treatment, you should avoid swimming or undertaking any strenuous exercise, exposing yourself to extreme cold or hot temperatures (<math><0^{\circ}\text{C}</math> - $>40^{\circ}\text{C}$), having hot showers, having a massage or anything that will apply prolonged pressure to the area treated, and using any active skincare.
- You should also avoid waxing or using a sauna or steam-bath for 2 weeks after treatment.
- Please avoid sun and UV light exposure on the treated areas so that the material can become embedded in the tissue.
- Avoid applying pressure or handling the treated area.
- For the first month after treatment, procedures such as peels, laser treatments, and cosmetic tattoos to the treated area should be avoided.
- If palpable nodules should form, you can massage the affected areas gently to distribute the material.
- Until it is completely biodegraded, CaHa injectable implant is visible on x-rays, therefore if your treatment area requires future assessment, ensure you inform your healthcare professionals, such as radiologists, of your previous CaHa treatment.
- If you suffer any allergic responses, prolonged generalised symptoms, itching, delayed wound healing, signs of infection at the site, nerve damage, pain, numbness, and any lumps/unevenness persisting after 14 days please contact us.

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