



# Aftercare Cosmetic Fillers

Post swelling after filler is completely normal, minor swelling, bruising and tenderness can last up to 5 days depending on multiple factors.

- Apply ice to treated area.
- Use a soothing antiseptic cream such as Bepanthen to treat the area.
- Stay hydrated – drink plenty of water
- Avoid strenuous exercise for 24-48 hours post treatment
- Avoid alcohol in the first 24 hours
- Avoid the following treatments for 2 weeks post procedure: Laser treatment Microdermabrasion Chemical peels
- Do not use AHAs, BHAs, Retinol or Vitamin C for 24 hours after the procedur

Please contact us IMMEDIATELY if you experience the below:

- Severe Pain or increasing pain
- Onset of colour changes: blanching (or white spots/blotches) in the injected areas or not injected areas.
- If the area appears red, hot to touch and “angry” looking
- Please don’t hesitate to contact our friendly staff for more information or any concerns.

**Prophile Clinics 0485 960 001**