



Aftercare PLLA

- An ice pack can be applied to the treatment area within the first 24 hours to help reduce swelling
- Makeup and saunas/steam rooms should be avoided for 24 hours
- Sun and UV sunlamp exposure should be avoided until swelling and redness have resolved

**The treated area should be massaged at home using the 5 X 5 X 5 rule
(5 minutes--> 5 Times a day--> 5 days)**

Results obtained with PLLA treatment are gradual. Changes are subtle, and usually aren't apparent immediately after the first treatment. Improvements may last for up to 25 months after the initial treatment.

Potential sides effects

Serious side effects are not common. The most common side effects after treatment may include:

- Injection site swelling
- Tenderness
- Redness
- Pain
- Bruising
- Bleeding at injection site

Related side effects usually resolve spontaneously within 2 to 6 days. Other side effects may include small lumps under the skin that are sometimes noticeable when pressing on the treated area. Larger lumps, some with delayed onset, with or without inflammation or skin discoloration, have also been occasionally reported. Injection procedures can lead to reactivation of cold sores and keloid scars in susceptible individuals.

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