



## AFTERCARE ADVICE DERMAL FILLER

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FOR YOUR HEALTH AND WELLBEING, AS WELL AS THE LONGEVITY AND EFFECTIVENESS OF YOUR TREATMENT, PLEASE FOLLOW THE PRE-TREATMENT CARE ADVICE FULLY,

Drink 2/3L of water everyday after your treatment for 3 days.

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Avoid alcohol consumption for 24 hours after your treatment to avoid bruising.

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Avoid any blood thinning or anti-inflammatory medication.

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Avoid sun exposure and sun beds to prolong the results of your treatment.

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Avoid strenuous exercise for 24 hours after your treatment.

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Avoid touching or applying skincare or cosmetic products to the treatment area for 6 hours after your treatment.

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Expect some tenderness, swelling and bruising in the treatment area for up to 1 week after your treatment.

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Expect an increase in swelling the day after your treatment.

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Use Arnica tablets to help reduce bruising and promote healing.

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Use Antihistamine tablets to help reduce swelling.

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Apply an ice compress to the treatment area to help reduce swelling and discomfort.

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Smoking, alcohol consumption, dehydration and sun exposure will all reduce the longevity of dermal fillers.

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If any skin discolouration or intense pain occurs, or abnormal swelling persists for more than 3 days, please consult your technician or your doctor.

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### MAE COSMETICS CLINIC

IF YOU HAVE ANY QUESTIONS REGARDING YOUR TREATMENT OR NEED FURTHER ADVICE, PLEASE GET IN TOUCH.

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