

SKINDUSTRY™ TREATMENT CARE

DERMAL FILLERS

Following your treatment, Skindustry™ recommend that you follow all aftercare to ensure the best results possible.

Pre Treatment Care

- Protect your skin with a physical barrier SPF (Recommended by your practitioner).
- Do not expose skin to UV (including the use on sun beds and fake tan) for at least four weeks prior to treatments.
- Drink water daily, preferably up 2 litres to maintain hydration.
- Follow your homecare routine, in order to prepare the skin. This will be prescribed to you by your practitioner.
- If you bruise easily, you may want to take arnica tablets for 1 day before the treatment.

Aftercare

- Protect your skin with a physical barrier SPF (Recommended by your practitioner).
- Drink water daily, preferably up 2 litres.
- Follow your homecare routine which will be prescribed to you by your practitioner.
- For long term results book in for regular treatments advised by your practitioner.
- Avoid perfumes, aftershaves, perfumed products, oils and moisturiser on the area for 24-48 hours after treatment. (Unless advised by your practitioner).
- Avoid exercise for 24 to 48 hours after treatment.
- Avoid swimming and heat treatments e.g. saunas, hot baths for 48 hours after treatments.
- Avoid touching or picking the area as it may increase risk of inflammation and infection of the skin.
- Only use mineral make up directly after the treatment, otherwise wait 24 hours before using any other make up products.
- Do not expose skin to UV (including the use on sun beds and fake tan) for at least two weeks after treatments.
- Do not consume excessive alcohol for 24 hours as this may lead to excessive bruising.
- If you get any bruising, apply ice and arnica cream, or take arnica tablets for 5 days after the treatment.
- If you are prone to cold sores around the mouth, and this is the area which you want to be treated, ask your GP to prescribe Zovirax tablets for you, to be taken just before and for a few days after the procedure.

1

- We will massage the areas treated thoroughly straight after the treatment, but you must refrain from vigorously massaging the treated area although you can do some gentle massage at home over a clean cloth if directed by your nurse prescriber.
- Redness, swelling and any itching should resolve within 2 days of having the treatment, however it may take up to 2 weeks for this to subside.
- If you have had treatment on the cheek area please try to sleep on your back for the next 3 nights.
- Avoid swimming goggles if you have had the eye or cheek area treated.
- For the next 14 days you should NOT have facials, waxing, Glycolic or AHA peels, liquid Nitrogen or Laser treatments in the same area.

If you feel that you may be experiencing any side effects, are unsure about anything, or if you are uncertain with the results, please do not hesitate to contact Skindustry™ so we can resolve any issues. Skindustry™ will arrange a follow up appointment 2 weeks after treatment where any adjustments will be made.