

Cosmetic Image Clinics
Permanent Dermal Filler
Pre Treatment & Aftercare Instructions

- To minimise bruising after your treatment please take note:

Avoid aspirin, nurofen (ibuprofen), and ant-inflammatories or blood thinning medications such as Plavix ONE WEEK BEFORE your appointment.

Paracetamol or Panadol are not included in this group and should be taken as an alternative pain killer to aspirin in the preceding week.

- Avoid fish oil supplements, garlic tablets, ginger tablets, evening primrose tablets, St John's Wort, ginkgo biloba, multivitamins containing Vitimin E or Vitamin E tablets for ONE WEEK BEFORE your appointment.
- Avoid alcohol for the day before and the day after the procedure.
- Do not have treatment if you have an infection at or near the site of the treatment or an active herpetic lesion or cold-sore.
- Avoid strenuous exercise and swimming for at least 3 days after treatment.
- Do not massage the area treated unless instructed by the Doctor who treated you.
- Use ice after treatment to reduce initial swelling.
- Avoid touching the injected area for 2 days
- Avoid extreme heat or cold (wind chills or solariums, sun bathing, saunas) for at least four weeks
- Do not apply make up on the treated area for 24 hours.
- Do not use aspirin or similar pharmaceuticals, these increase the risk of bleeding and may cause a blue colouring of the injected area
- If you have been injected in the lips or near the mouth avoid hot beverages and kissing for 24 hours.

We **strongly** recommend if you are preparing for a special event such as a wedding or work function that you have treatment 14 days prior to the event.

If you have any questions before your appointment or after your treatment, do not hesitate to contact the medical staff at Cosmetic Image Clinics: (07) 3003 4000