

## **Do and Don'ts for Dermal Fillers**

by

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- Ensure you are seeing a trained medical professional
- Find out how the procedure will be of use to you.
- Inform your trained professional of any allergies or medication you are taking.
- Generally, avoid a permanent filler, as it may produce an untoward appearance as the facial soft tissues change with age.
- Fillers derived from bovine collagen can cause severe local allergic reactions that can become chronic and difficult to treat.
- Hyaluronic acid fillers will last 6-12 months and are the most widely used.
- If you have suffered from cold sores (herpes simplex), treatment with fillers may result in a fresh eruption of the virus and you should use an appropriate antiviral medication such as Zovirax cream.
- Avoid Aspirin and alcohol for 24 hours before and after treatment.
- Avoid makeup for 12 hours after treatment.
- Avoid massaging the treated area as it may disperse the filler and therefore will not last as long as expected.
- Avoid exposure to intense heat (solarium, sauna) for 48 hours after treatment.
- Following treatment, there may be some redness, bruising, tenderness or swelling lasting a few days.
- Rarely, abscess formation, granuloma, allergic reaction or localised necrosis (formation of scab leaving a shallow scar) can occur.

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