

## Aftercare advice for dermal filler treatment

At V&A Aesthetics we want you to be able to achieve the best results from your treatment and have prepared the following instructions as a guide. As always if you have any questions do not hesitate to get in touch with us.

- I. Keep the muscles that have been treated active, i.e. make facial expressions, for a few hours.
- II. Avoid extremes of hot and colds for 4-6 hours
- III. Avoid vigorous exercise for 4-6 hours
- IV. Do not rub the area that has been treated
- V. Do not lie down or lean down for 4-6 hours
- VI. Avoid make up over the site of injection for 12 hours
- VII. If any bruising occurs, use a cold pack or Arnica gel.
- VIII. Finally, when you notice the results of your treatment is wearing off, then please contact us to book another appointment.