



ABSOLUTE
COSMETIC MEDICINE

DERMAL FILLER AFTER CARE

Please see the website www.absolutemakeover.com.au for more information.

Immediately after dermal filler treatment there may be redness, swelling, tenderness or an itching sensation in the treated area. This is a normal reaction to the injection and generally disappears after a few days. Swelling after a lip treatment may last longer. If symptoms persist or other reactions occur, please contact your physician. Where possible, please use the 3 C's of post-treatment care outlined below as well as any other instructions given by your physician.

COOL

- Apply a cool compress for 10 minutes every hour on the day of treatment (do not apply ice directly to your skin).
- Avoid strenuous exercise for 24 hours.
- Do not expose the area to intense heat (e.g. solarium or sauna).

CALM

- Avoid pressure on treated areas for the first few nights, especially if treated with cheek augmentation fillers (i.e. sleep on back if possible, with 2 pillows).
- Pain relief, such as paracetamol, may be taken if needed to maintain comfort (not Nurofen/Ibuprofen).
- To reduce any bruising, you may wish to apply a topical treatment such as Arnica or Hirudoid cream.

CLEAR

- Avoid alcohol for 24 hours.
- Do not use AHA, Retinols, Vitamin C therapy or oil based make-up during the first 24 hours.
- Avoid facials, facial waxing, Glycolic or AHA peels, IPL or energy based treatments and microdermabrasion for two weeks after treatment. Please check with your physician before undergoing other facial treatments within this time.
- Do not massage the treated area unless instructed by your physician.
- There is a small chance that a treatment may induce an outbreak of facial cold sores in patients with a previous history (be sure to notify your physician if you have a history of facial cold sores).

Important Points to remember

Your first treatment can be stressful as the experience is new. Try to relax and be positive. The consent form is available on our website and it clearly sets out possible side effects. Remember never to sign a consent form if you do not understand or agree with the risk. After the first treatment, you may notice other concerns you have about your face that were present previously and not caused by the filler. This can be due to closer inspecting your face after your treatment and seeing a greater contrast with the improved area. If you feel the filler has not lasted after 2 - 4 weeks this is normally because you preferred the volume that included the swelling. In most cases this means you need more to satisfy your requirements (more products always cost more unfortunately).

The left and right side of the face is uneven in most people and it will never be perfect. After injecting you may notice this more as you study your face more. Very rarely this will need a top up, complete symmetry is impossible.

Lumps can be due to swelling and last 1-7 days. Deep bruises can cause a lump and can last for up to two weeks. Bruising can occur with even the best injectors and those that promise otherwise are simply incorrect.

Gentle massage may be needed if you have a persisting lump after 1 day - do not massage too much as this can cause swelling (more than 3 minutes three times per day is unwise). Always ice a little (1 minute indirectly) afterwards as massage can cause swelling in some cases!

Do not see another clinic for a top up (please let only ACM see you for aftercare). It is irresponsible to top up what may simply be swelling that would resolve itself, especially when the pattern of application is unknown by the other clinic.

Lumps that can be felt, but not seen, can be normal if a moderately large amount of product has been used.

If you suffer severe pain, heat, redness or unusual disturbances (including visual) contact our urgent after-hours number on 0413 835 867. Please note this is for urgent concerns only. Alternatively, please call during the open clinic hours on (08) 9389 9099.

Longevity is variable depending on individual patients metabolism. Also illness medications, smoking, drug use and dieting can affect the longevity.

Finally, as we age and lose volume, the filler can be less effective and more may be needed. Longevity and full effects vary between individuals.



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WRINKLE RELAXER AFTER CARE

FOR 4 HOURS AFTER YOUR TREATMENT:

Do not lay flat.

Move the muscles in the treated area for a few seconds, every 30 minutes.

FOR 24 HOURS AFTER YOUR TREATMENT:

Do not have a facial or rub the area vigorously.

Gentle washing and application of makeup is ok.

AT 10 - 14 DAYS

If movement is still present please return for a top-up (minimal charge).

Important points to remember:

Remember slight movement is normal and desirable over a 'frozen' look in most patients.

Effectiveness varies between products, batches of products and differing body physiology and stress levels. Puffiness can occur and will usually resolve with ice and an extra pillow at night. Some patients cannot have treatment under the eyes as this can cause persistent swelling. Eye drops can assist eyelid droop in some cases.

As you age you may need higher doses and a different pattern of injecting. Also, the brow can become heavy as we age and it is therefore wise to do the frown and crows feet at the same time.

In addition, some patients have a male pattern or stronger muscle and need a higher dose.

Weakness of muscles (e.g. eyebrow/eyelid) can be distressing but resolves in most cases in a few weeks. This can happen for the first time after having years of treatment and it may never happen again.

HAVE YOU ENJOYED YOUR EXPERIENCE AT ABSOLUTE COSMETIC MEDICINE?

WE WOULD LOVE TO HEAR FROM YOU. JUST FOLLOW THESE 3 EASY STEPS.

STEP 1

Search "Absolute Cosmetic" on your web browser and then type in your clinic location (e.g. Nedlands, Joondalup, Morley, Applecross or Ellenbrook). You should get a screen like this. Click the blue section.

STEP 2

After clicking the link, you should now be on our Absolute Cosmetic Google Reviews Listing. Scroll down until you see something that looks like this:

STEP 3

From here, you simply need to click the 5th star and write your review. You may be prompted to login into your Google account (Gmail or Non-Gmail Based) to do so.

And that's it! Thank you for choosing to leave a positive review for Absolute Cosmetic Medicine and sharing your feedback with others, we are so very appreciative!

PLEASE NOTE: OUR SOCIAL MEDIA POLICY

We are always striving to improve and appreciate realistic, constructive criticism. We have a procedure for complaints which includes ringing the Practice Manager Karina on 9389 9099.

There is a great concern in the medical community regarding fake, good/bad reviews and libellous comments on social media. Recently a doctor was awarded \$480,000.00 for such comments. We value our reputation strongly with over 20 years' experience in the cosmetic industry and offer some services few other clinics offer. For example we offer some of the most experienced practitioners in Australia, with an afterhours urgent assistance number given. We also offer a complimentary second consultation so you are fully aware of the risks.

We have the most caring and attentive staff members who are there to assist you. Remember consent forms must be clearly read and understood prior to treatments as you must be aware complications are rare in our clinic but do occur and our experience is the key to resolving these.

So we do greatly appreciate your positive reviews and comments and hope you respect our request to address any complaints to our practice manager. Please note this is a condition of treatment and any incorrect or libellous comments made will incur legal action.



WRINKLE RELAXER AFTER CARE