



DERMAL FILLER AFTERCARE

SOME BRUISING & SWELLING IS TO BE EXPECTED

A COLD COMPRESS/ ICE CAN BE APPLIED TO ALLEVIATE SWELLING

ARNICA CREAM/ TABLETS MAY HELP

AVOID MASSAGING UNLESS ADVISED TO DO SO

AVOID MAKEUP FOR UP TO 12 HOURS

AVOID ALCOHOL CONSUMPTION FOR 12 HOURS

AVOID SAUNA, STEAM ROOMS & SUNBEDS UNTIL FULLY HEALED

IF POSSIBLE AVOID SLEEPING ON THE INJECTED SIDE FOR 1 - 2 DAYS

APPLY SUNCREAM & MAKEUP WITH HIGH SPF

DRINK PLENTY OF WATER

Although immediate results are visible it can take up to 2 weeks to see the desired results. Any concerns or questions do not hesitate to contact Belle Vous.

Love
Claire X