



Patient Instructions following Facial Injectable Treatment

For your safety and comfort, read the following information and adhere closely to the advice given.

Please discuss anything you are concerned about or unsure of with your Dentist.

- If you experience unexpected or undesirable post-operative symptoms such as pain, swelling or bruising that persists for longer than 48 hours; worsens over time; or occurs remote from the site of injection, contact your Dentist immediately.
- Always return for your scheduled follow-up appointment, even if you are satisfied with results.
- While most regular daily activities are fine to resume immediately after facial injectable procedures (including showering), it is advised that you:

Should Not:

- Rub, massage or manipulate the treated area for 24 hours – including having facials, applying/removing make-up or washing rigorously
 - Undertake air travel within 24 hours or eat until numbness has worn off.
 - Expose yourself to extremes of temperature, either cold or hot for 1 week e.g. Saunas or excessive sun exposure
 - Perform exercise or drink alcohol for 24 hours
 - Lay down (including for massages) or sleep for 5 hours
 - Undertake any other facial procedure e.g. laser, microdermabrasion, chemical peels etc, for 2 weeks
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Expect:

- Temporary side effects from injections lasting several days eg. Swelling, bruising, redness – use mild analgesics eg. panadol if needed and light, intermittent ice application for swelling
 - Results may not be immediate and can be distorted by use of local anaesthetic or swelling. Results will improve in the days/weeks following treatment. Final assessment should be reserved for your scheduled review appointment when further procedures may be necessary to achieve the desired outcome.
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