

SERENITY  
WOMEN'S  
CLINIC



SERENITY AT EACH STEP

# Dermal Filler

*aftercare*



Procedure.....

Date of procedure.....

Contact details:

 01823 793688

 [pa@serenitywomensclinic.co.uk](mailto:pa@serenitywomensclinic.co.uk)

# SERENITY WOMEN'S CLINIC



Bruising is common post treatment and may take up to 2 weeks to settle



Refrain from touching or massaging the injected area for the first 48 hours



Refrain from drinking alcohol in the first 24 hours



Avoid heavy exercise in the first 24 hours



Drink plenty of water post treatment to keep hydrated



Avoid applying make-up in the first 6 hours after treatment



Do not undergo any chemical skin peels/ facial treatments for 2 weeks post treatment



Avoid steam rooms/ sauna/ sunbathing for 24 hours after treatment

## Important Information

Results are immediately seen post treatment, however they are usually exaggerated in the first few days by swelling

Treatments on average last for 6 to 9 months, depending on the filler density, brand of filler and area treated

If you experience excessive pain or discolouration which appears to be spreading, please contact us for advice.