

## Aftercare Filler Form With Signature

### RECOMMENDED AFTERCARE FOR FILLER AND LIP TREATMENTS

Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ dd / mm / yyyy

Please let us know before treatment if you have felt unwell prior to your appointment. After your treatment with us today it is quite normal for there to be redness, swelling, bruising and tenderness around the treated area. We recommend you take 30C Arnica tablets which can be purchased from our clinic or from your local chemist. As you are taking for a relatively short period of time, we recommend a high dose of Arnica, please take 8 tablets every 2 hours during the daytime a week before and a week after treatment, this helps with the down time. These signs usually disappear within a few days, but can last a few weeks. As with any treatment there is a small risk of infection, if you feel unwell or have a temperature after your treatment please contact the clinic and consult your GP straight away. It is recommended that you do not use any makeup for 12 hours following the treatment. Please avoid alcohol for the next 24-48 hours. Please avoid extreme sun exposure, UV light, freezing temperatures and saunas for 2 weeks after treatment. Please refrain from exercise for 48 hours after treatment. Please let us know if you suffer from cold sores because the needlepoint may cause an outbreak. We can prescribe Aciclovir tablets as a preventative treatment. If you are taking aspirin, high doses of Vitamin C or any anti-coagulants the risk of bruising and bleeding may be higher.

I understand the above aftercare recommendation and I agree I will adhere to these recommendations.

Client signature: \_\_\_\_\_

Date: \_\_\_\_\_ dd / mm / yyyy