

Belotero Aftercare Instructions

BELOTERO AFTERCARE INSTRUCTIONS

Thank you for choosing Belotero to enhance your facial features. Belotero is a hyaluronic acid-based dermal filler designed to treat fine lines, wrinkles, and areas of volume loss. It integrates smoothly into the skin, providing natural-looking results. Proper aftercare is essential to ensure the best possible results and minimise any potential side effects. Please follow these aftercare instructions carefully.

IMMEDIATELY AFTER TREATMENT

It is normal to experience mild redness, swelling, and bruising at the injection sites immediately after your Belotero treatment. This typically resolves within a few hours to a few days. Do not touch, rub, or massage the treated area for at least 24 hours after treatment to prevent irritation, infection, or displacement of the filler. Apply a cold compress or ice pack wrapped in a clean cloth to the treated areas for 10-15 minutes at a time, especially if you notice swelling or discomfort. This can help reduce swelling and alleviate discomfort. You can resume wearing makeup after the treatment, but it is advised to wait for at least 12 hours before applying any makeup to the treated area to avoid infection or irritation.

FOR THE FIRST 24-48 HOURS

Refrain from engaging in any strenuous activities or exercise for at least 24-48 hours after the treatment. Activities that increase blood flow (such as running or lifting weights) can exacerbate swelling and bruising. Avoid hot showers, saunas, hot tubs, or excessive sun exposure for at least 48 hours after treatment, as heat can increase swelling and irritation. Avoid alcohol, aspirin, or anti-inflammatory medications for the first 24 hours, as they can increase the risk of bruising and swelling. Sleep with your head elevated for the first night to minimise swelling. Avoid sleeping directly on the treated area.

FOR THE FIRST WEEK

Mild swelling, bruising, and tenderness are common during the first few days after the treatment. If you experience persistent swelling, redness, or unusual pain, contact your healthcare provider immediately. Avoid massaging the treated areas, as this can move the filler and cause uneven results. Be careful when applying skincare or makeup to avoid applying pressure to the treated area. Apply a broad-spectrum sunscreen (SPF 30 or higher) to protect the treated areas from sun exposure, as the skin may be more sensitive after treatment. Smoking can interfere with the healing process, so it is advisable to avoid smoking for at least 24-48 hours after treatment.

COMMON SIDE EFFECTS

These are normal and typically subside within a few hours to a few days. If redness or swelling lasts longer than expected, contact your provider. Bruising is common with dermal fillers and should resolve in 5-7 days. Applying cold compresses immediately after the procedure can help minimise bruising. You may experience mild tenderness or sensitivity at the injection sites. This should subside within a few days.

WHEN TO CONTACT US

Please contact your provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that does not improve. A visible lump, bump, or uneven areas in the treated area. Difficulty breathing, chest pain, or dizziness (signs of an allergic reaction). Any other unusual or concerning symptoms.

LONG-TERM CARE

Follow a gentle skincare routine to maintain healthy, hydrated skin. Avoid harsh skincare products that could irritate the treated areas. Since Belotero is a hyaluronic acid-based filler, maintaining adequate hydration is important for the longevity and appearance of the treatment. Drink plenty of water throughout the day. Avoid using heavy makeup or applying excessive pressure to the treated areas to maintain the results of your treatment. Belotero results typically last 6-12 months, depending on the area treated and your skin type. You may need periodic touch-up treatments to maintain the results.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout