

# Olidia PLLA Injectable Dermal Filler Aftercare Instructions

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Olidia is a Poly-L-Lactic Acid (PLLA) injectable dermal filler designed to stimulate collagen production, addressing volume loss and deep wrinkles. Unlike traditional hyaluronic acid fillers, Olidia's effects are gradual, with results becoming noticeable over several weeks. To ensure optimal outcomes and minimise potential side effects, adhering to proper aftercare is essential.

## IMMEDIATE AFTERCARE (FIRST 24–48 HOURS)

### Immediate Aftercare (First 24–48 Hours)

- ☐ Avoid Touching or Massaging the Treated Area: Refrain from touching, massaging, or applying pressure to the treated areas to prevent irritation or infection.
- ☐ Cold Compress Application: If you experience swelling or discomfort, apply a cold compress wrapped in a clean cloth to the treated area for 10–15 minutes every few hours during the first 24 hours to alleviate symptoms.
- ☐ Gentle Cleansing: Cleanse the treated areas with a mild, non-alcoholic cleanser. Avoid using harsh exfoliants or scrubs during the initial 24–48 hours.
- ☐ Avoid Heat Exposure: Stay away from hot showers, saunas, steam rooms, and intense physical activities that may cause excessive sweating for at least 48 hours post-treatment.

## FIRST WEEK POST-TREATMENT

### First Week Post-Treatment

- ☐ Sun Protection: Apply a broad-spectrum sunscreen with SPF 30 or higher when outdoors to protect your skin from UV damage and prevent pigmentation changes.
- ☐ Avoid Makeup Application: Refrain from applying makeup to the treated areas for at least 12 hours to allow the skin to breathe and minimise irritation.
- ☐ Hydration: Drink plenty of water to stay hydrated, as this supports the skin's natural healing process and enhances the effects of the treatment.
- ☐ Avoid Alcohol and Vigorous Exercise: Refrain from consuming alcohol and engaging in vigorous exercise for at least 48 hours post-treatment to reduce the risk of swelling and bruising.

## FOR THE FIRST MONTH

### For the First Month

- ☐ Continue Gentle Skin Care: Maintain a gentle skincare routine, using products that are free from alcohol and fragrances to avoid irritation.
- ☐ Monitor Skin Condition: Observe the treated areas for any unusual changes such as increased redness, swelling, or discomfort. If any concerning symptoms arise, contact your healthcare provider.
- ☐ Avoid Strenuous Activities: Refrain from engaging in vigorous physical activities or exercises that may cause excessive sweating or strain on the treated areas for at least 1 week.
- ☐ Follow-Up Appointments: Attend any scheduled follow-up appointments with your healthcare provider to assess the progress and discuss any further treatments if necessary.

## COMMON SIDE EFFECTS

### Common Side Effects

- ☐ Redness and Swelling: Mild redness and swelling at the injection sites are common and should subside within a few hours to a day. Cold compresses can help reduce these symptoms.
- ☐ Bruising: Mild bruising at the injection sites is common and should resolve within 1–2 weeks.
- ☐ Tenderness or Tightness: A sensation of tightness or tenderness in the treated areas may be experienced. This is normal and should diminish within a few days.
- ☐ Lumps or Bumps: Temporary lumps or bumps may form in the treated areas. These should smooth out within a few days to a week.

## WHEN TO CONTACT YOUR PROVIDER

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Please contact your healthcare provider immediately if you experience:

- ☐ Severe Pain or Discomfort: Intense pain or discomfort that does not improve with over-the-counter pain relief methods.
- ☐ Signs of Infection: Increased redness, warmth, or pus at the injection sites.
- ☐ Allergic Reactions: Symptoms such as itching, hives, or difficulty breathing.
- ☐ Persistent Side Effects: Any side effects that persist longer than expected or worsen over time.

## LONG-TERM CARE

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### Long-Term Care

- ☐ Maintain Healthy Lifestyle Habits: A balanced diet, regular physical activity, and adequate sleep contribute to overall skin health and can enhance the results of your treatment.
- ☐ Avoid Smoking and Excessive Alcohol Consumption: Smoking and excessive alcohol intake can negatively affect skin health and may diminish the benefits of the treatment.
- ☐ Regular Skin Assessments: Monitor the treated areas for any changes and consult your healthcare provider if you notice any concerns.

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

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- ☐ 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.