

Silikon 1000 Aftercare Instructions

Thank you for choosing Silikon 1000 for your aesthetic enhancement. Silikon 1000 is a permanent injectable silicone used for facial and body volume restoration, wrinkle treatment, or contouring. It provides long-lasting results by stimulating collagen production. Proper aftercare is essential to ensure optimal healing, minimise complications, and achieve the best possible results. Please follow these aftercare instructions carefully.

IMMEDIATELY AFTER INJECTION:

Mild Redness, Swelling, and Bruising: Mild redness, swelling, and bruising are common immediately after the Silikon 1000 injections. This is normal and should subside within a few hours to a few days. You can apply a cold compress wrapped in a clean cloth for 10-15 minutes every hour during the first 24 hours to reduce swelling and discomfort.

Pain Management: Some mild discomfort or tenderness at the injection sites is expected after treatment. Over-the-counter pain relievers, such as acetaminophen (Tylenol), can be used to manage any discomfort. Avoid taking aspirin or ibuprofen, as these can increase bruising.

No Touching or Rubbing the Treated Area: Avoid touching, massaging, or rubbing the treated area for at least 24 hours to prevent irritation or displacement of the silicone. Keep the area clean and free from bacteria.

FOR THE FIRST WEEK:

Monitor for Side Effects: Mild swelling, bruising, and tenderness should subside within the first few days to a week. If swelling, bruising, or discomfort persists or worsens, or if you notice any unusual symptoms (such as increased redness, warmth, or drainage), contact your provider immediately.

No Strenuous Physical Activity: Avoid strenuous physical activity, heavy lifting, or excessive movement of the treated area for at least 1-2 weeks. These activities may increase swelling or put pressure on the treated areas, affecting the silicone and slowing down the healing process.

Avoid Sun Exposure: Keep the treated area protected from the sun for at least 2 weeks. Direct sun exposure can cause irritation, pigmentation changes, or other skin issues. Apply a broad-spectrum sunscreen (SPF 30 or higher) daily to protect the treated area.

No Makeup for the First 24-48 Hours: Avoid applying makeup on the treated area for at least 24 hours after the injection to reduce the risk of infection and irritation.

COMMON SIDE EFFECTS:

Mild Redness and Swelling: This is normal and should subside within the first 1-2 days. Cold compresses during the initial recovery phase can help alleviate swelling.

Bruising: Bruising around the injection site is common and should resolve within 5-7 days. You can use a cold compress during the first 48 hours to help reduce bruising.

Lumps or Irregularities: After Silikon 1000 treatment, you may notice small lumps or bumps under the skin. These typically settle as the silicone integrates into the tissue and the swelling decreases. If lumps persist or cause concern, contact your healthcare provider.

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 doesn't improve after the first few days Unusual discharge, pus, or bleeding from the treated area Any signs of an allergic reaction, such as itching, hives, or difficulty breathing Any other symptoms that seem out of the ordinary or concerning

LONG-TERM CARE:

Maintain a Healthy Lifestyle: To preserve the results of your Silikon 1000 treatment, maintain a healthy diet and avoid significant weight fluctuations. A stable weight helps to maintain the appearance of your treated areas.

Scar Care: Some patients may experience minor scarring around the injection sites. Follow your provider's instructions for scar care, which may include the use of silicone gel sheets, creams, or gentle massage techniques to help reduce scarring.

Follow-Up Treatments: While Silikon 1000 provides long-lasting results, your provider may recommend follow-up treatments to maintain the desired results, especially if you are treating areas of volume loss. Regular maintenance may be required depending on your individual needs.

Skin Care: Continue with a gentle skincare routine to keep your skin hydrated and healthy. Use products that promote skin elasticity and support overall skin health, particularly in the treated areas.

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.