

DERMAL FILLERS



TOOTH 32

General, Implant & Cosmetic Dentistry

Aftercare Advice

Most people are able to continue with normal activities with immediate improvement in their appearance. Immediately after your treatment, you may notice a few of the following things: redness, pin prick marks, tenderness, itching in the area, bruising and swelling- particularly in the lips. Any swelling and bruising may be more apparent the next day.

These issues above are common with dermal filler aftercare and should resolving over the next few days to weeks. Your final result will be seen 2-4 weeks after treatment, and you can be reviewed to see if further treatments are required to achieve the planned results.

Swelling - Swelling may worsen in the first 24 hours, and then should settle within the first few days. Cold packs can be helpful in reducing swelling. As a consequence of swelling, the product may feel harder or lumpy and you may notice some asymmetry.

Bruising - Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment.

Tenderness – Pain is usually mild, however, areas such as chin and the lip can be more tender. In general, tenderness should settle as swelling goes down. Pain relief such as paracetamol may be taken if required.

Things to Avoid

- Avoid Make-up for 12 hours
- Avoid pressure on the treated areas for the first few nights (ie. Sleep on back if possible)
- Avoid alcohol for 24 hours
- Avoid vigorous exercise for 24 hours
- Avoid sun bathing and extremes of heat or cold for 14 days post treatment (eg. Solarium or sauna). These activities have been found to increase and prolong swelling.

Complications

Cosmetic complications include vascular occlusions and infection. Vascular occlusions mostly occur in the treatment chair, and doctors are able to see that they are happening and treat them. Signs of vascular occlusions are when the area turns white, or skin that looks like fishnet stockings, or skin discolouration in a distant area where the skin wasn't

injected. If the doctor is concerned, they will need to check the capillary refill of the skin. If patients see any of these things on their skin, they should call the clinic immediately.

Early infections may occur after a few days after the treatment. The patient might notice increasing redness, tenderness, swelling, pain, heat, nodules or pus. Patients should see their doctor if this occurs.

Please contact **Tooth32** on **08 8557 6565** if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.

Hyaluronic Acid (main ingredient of fillers) administration can result in anaphylaxis (a severe allergic reaction) which in itself is life threatening and requires immediate medical attention. Symptoms of a severe allergic reaction can include shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pain, nausea or diarrhoea. If you have any of the above symptoms please report to your nearest Accident and Emergency Department or call 000 for an ambulance.