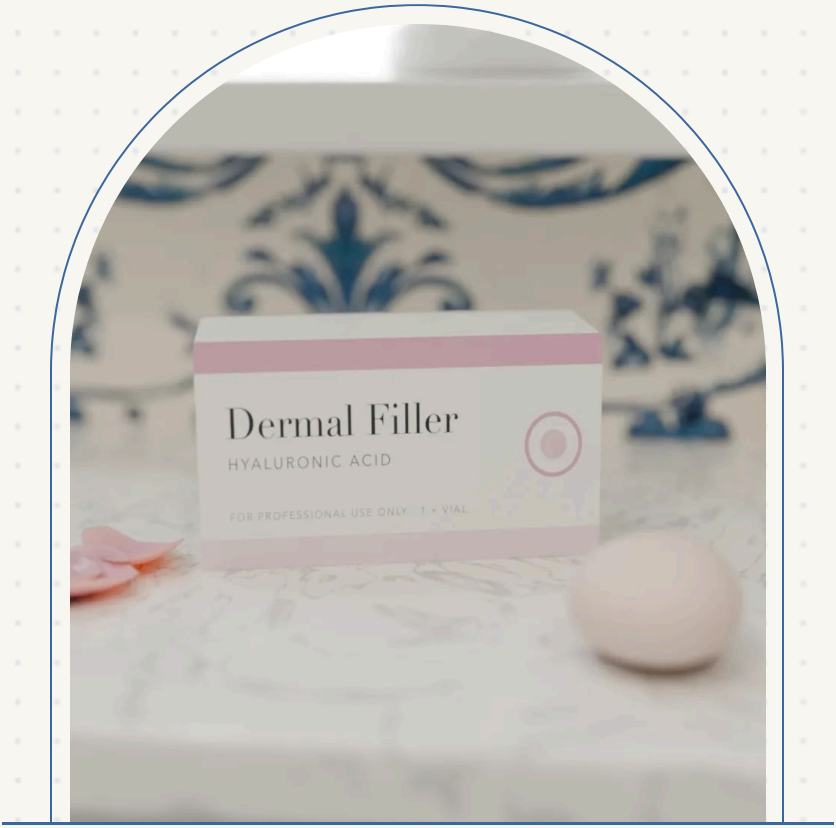
Aesthetics
by Gwen



YOUR AFTERCARE GUIDE

Cheek filler

REGISTERED NURSE • WOODFORD, ESSEX

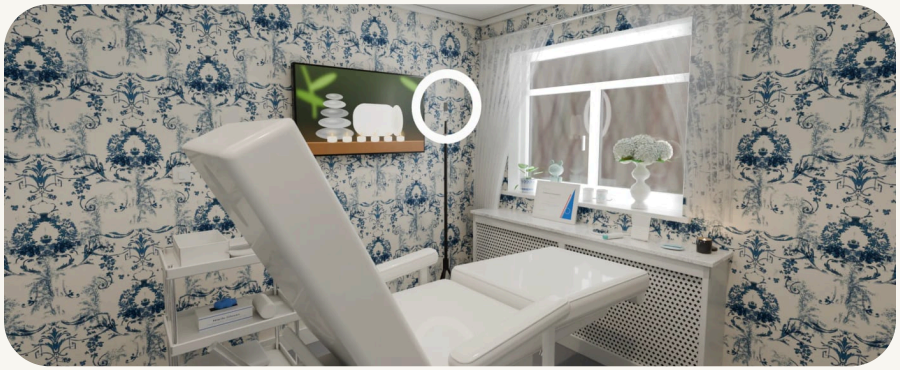
A NOTE FROM GWEN

Looking after *your result.*

Thank you for coming to see me. Cheek filler shows straight away, but mild swelling can make the result look a little fuller or uneven for the first few days. Give it two weeks to settle before you judge it.

This guide takes you through those two weeks. The warning signs I always want to hear about straight away are on page five.

Gwen REGISTERED NURSE



AT A GLANCE

RESULTS Immediate	LASTS 12–18 months
DOWNTIME Possible swelling for a few days	REVIEW Two weeks, once swelling has settled

STEP BY STEP

What to do, *and when.*

01

TODAY

Cool and calm

- Ease swelling with a cool pack wrapped in a clean cloth, ten minutes at a time.
- Leave makeup off for the rest of the day.
- Hands off: no pressing, rubbing or massaging.

02

FIRST 48 HOURS

Take it easy

- No strenuous exercise, and avoid alcohol.
- Avoid heat: hot baths, saunas, steam rooms and sunbeds.
- Sleep on your back, not your face, with your head raised on an extra pillow.
- Avoid pressure on your cheeks from tight goggles or a massage-table face cradle.

03

FIRST 2 WEEKS

Let it settle

- No facials, facial massage, peels, microneedling or laser.
- No dental appointments unless they are urgent.
- The filler can feel firm at first. It softens as it settles into the tissue.

WHAT TO EXPECT

Completely *normal.*

You may notice some of these. They are expected, and they settle by themselves.

- Mild swelling for a few days.
- Tenderness when you smile, chew or press the area.
- Bruising, which can take a week or so to fade.
- A firm feeling under the skin.
- Slight unevenness while swelling settles.

HELPING YOUR RESULT

- ✓ Paracetamol is fine if you need it and can normally take it. Avoid aspirin and ibuprofen for 48 hours unless they are prescribed for you.
- ✓ Drink plenty of water.
- ✓ Wear SPF every day.
- ✓ Results last around twelve to eighteen months.

PEACE OF MIND

When to *get in touch.*

Send me a message if you notice

- Lumps or unevenness that are still there after two weeks.
- Redness, warmth, swelling or tenderness that increases after day three, or any discharge.
- New swelling or lumps appearing weeks or months later.

URGENT

Call Gwen straight away

GWEN'S DIRECT LINE

07557 940 757

- Pain that is severe, or getting worse instead of easing.
- Skin on or near the treated area turning white, grey, dusky or blotchy in a lacy pattern.
- Skin that feels cold, or small blisters or spots appearing over a discoloured patch.

These can mean the blood supply to the skin is affected: rare, but it needs prompt treatment. If you can't reach Gwen, call NHS 111 or go to A&E and say you have had hyaluronic acid dermal filler in your cheeks.

EMERGENCY

Call 999, don't wait

DIAL

999

- Any loss of, or change in, your eyesight.
- Swelling of the lips, tongue or throat, difficulty breathing, or a widespread rash.

YOUR TREATMENT RECORD

For you *to keep.*

TREATMENT Cheek filler

DATE

AREAS TREATED

REVIEW APPOINTMENT

NEXT TREATMENT DUE

NOTES

Any question at all, *ask me.*

CALL OR MESSAGE
07557 940 757

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This booklet is general guidance to support the advice given at your appointment. It does not replace individual medical advice: if Gwen has given you different instructions, follow those. In an emergency call 999.

Aesthetics *by Gwen*