

# FILLER

## PRE-CARE ADVICE

- 48 hours prior to filler injections, it is advisable to refrain from alcohol, garlic, lidocaine and aspirin, or any other non-steroidal anti-inflammatory drugs for pain, swelling and/or fever; Medicines containing diclofenac, mefenamic acid, indomethacin or ibuprofen. Taking these precautions will significantly reduce the risk of bruising or bleeding at the point of injection.
- Inform us if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.
- Please inform Evolve should you feel unwell or you are suffering from a coldsore outbreak before treatment day.

## POST-CARE ADVICE

- An ice or cold gel pack can be applied to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Avoid wearing make-up for 12 hours after your wrinkle filler treatment.
- Avoid extreme temperatures until redness and swelling subsides – no saunas, steam rooms, sun beds or sun exposure.
- Avoid strenuous exercise for 24 hours post treatment.
- Avoid alcohol for 24 hours minimum post treatment.
- Avoid manipulation of the treated area.

