

BUTTOCK/BODY FILLER INJECTIONS

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- To minimise the risk of bruising:
 - Avoid Ibuprofen, Nurofen Aspirin and anti-inflammatory medication for a week before the procedure.
 - Avoid alcohol for 24hrs prior to your treatment.
 - Make sure you discuss with your Doctor/ Nurse any bleeding tendencies and current medications being used.
- Get a good night's sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of treatment prior to the appointment.
- Drink water and keep your body hydrated.
- You may take paracetamol half an hour before the procedure. If necessary, to minimise discomfort, topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your doctor / nurse.

Post-Treatment Care

- Although the treatment is well tolerated by most patients, you may take paracetamol for any discomfort. It is advised to NOT take blood thinning and anti-inflammatory medication such as but not limited to Aspirin, Voltarol Ibuprofen for 24 hours after treatment.
- Immediately after the treatment there may be slight redness, swelling, tenderness, bruising and an itching sensation in the treated area. This is a normal following injection. The discomfort is temporary and generally resolves within couple of days. If it continues or if other reactions occur, please contact our clinic.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing).
- Other reactions are very rare and include inflammation of the injection site with the rejection signs like granuloma formation. Some of these reactions may need treatment but generally resolve within few weeks or months.
- Do not use any lotions or creams following the procedure) for at least 6 hours after your treatment.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area(s) for a few hours.
- Drink water and keep your body hydrated.
- Alcohol should be avoided for 24 hours after treatment.
- Avoid strenuous exercise (perspiring) for 3 days following treatment. You may otherwise resume normal activities.
- Do NOT Rub or Massage the area for 7 days, thereafter, light massaging can be carried out to even out any lumpiness.
- A second session might be needed after 4-6 weeks for best result. No Laser or Radiofrequency for 6 weeks after the 1st and 2nd session.
- Finally, since Fillers gradually dissolve, the correction does not last forever. Many people choose to repeat treatment within two years of the original treatment.