



THE ONE

CLINIC OF AESTHETICS

PRE & POST CARE

Filler



Filler Aftercare

PRE & POST CARE

1. Avoid applying makeup to the area for 12 hours post-injection and when you do, use a very light touch.
2. Avoid excessive manipulation or massaging of the area.
3. Avoid strenuous exercise (like aerobics class) for 24 hours following the injection.
4. Avoid consuming alcoholic beverages for 24 hours following the injection to reduce bruising.
5. Avoid prolonged exposure to sunlight or UV light for 2 weeks after the injection.
6. Avoid extreme heat or cold, including saunas and/or hot tubs for 2 weeks after the injection.
7. Report any redness and/or visible swelling, tingling, burning, increased/ abnormal pain, or any other symptoms that cause concern, IMMEDIATELY to us. Contact numbers are 289-668-4218 & 647-968-4218



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8. Side Effects (can include but are not limited to):

- Mild & temporary injection site reactions include:
- Redness
- Pain or tenderness
- Firmness
- Swelling
- Lumps/bumps
- Bruising
- Itching

9. More serious but less common side effects could include:

- Allergic reaction
- Infection
- Discoloration
- Vessel occlusion and or tissue necrosis