

## Patient Instructions following Facial Injectable Treatment

**For your safety and comfort, read the following information and adhere closely to the advice given. Please discuss anything you are concerned about or unsure of with your Dentist.**

- If you experience unexpected or undesirable post-operative symptoms such as pain, swelling or bruising that persists for longer than 48 hours; worsens over time; or occurs remote from the site of injection, contact your Dentist immediately.
- Always return for your scheduled follow-up appointment, even if you are satisfied with results.
- While most regular daily activities are fine to resume immediately after facial injectable procedures (including showering), it is advised that you:

### SHOULD NOT:

- Rub, massage or manipulate the treated area for 24 hours – including having facials, applying/removing make-up or washing rigorously
- Undertake air travel within 24 hours or eat until numbness has worn off.
- Expose yourself to extremes of temperature, either cold or hot for 1 week  
e.g. Saunas or excessive sun exposure
- Perform exercise or drink alcohol for 24 hours
- Lay down (including for massages) or sleep for 5 hours
- Undertake any other facial procedures  
e.g. laser, microdermabrasion, chemical peels etc, for 2 weeks

### EXPECT:

- Temporary side effects from injections lasting several days eg. Swelling, bruising, redness  
– use mild analgesics eg. Panadol if needed and light, intermittent ice application for swelling
- Results may not be immediate and can be distorted by use of local anaesthetic or swelling. Results will improve in the days/weeks following treatment. Final assessment should be reserved for your scheduled review appointment when further procedures may be necessary to achieve the desired outcome.