

**We recommend the following as part of your aftercare:**

- Over use the facial muscles by frowning and smiling for the first few hours.
- Apply arnica cream to any bruises as these should settle within a few days.
- Makeup application over the treated area is ok after 30 minutes.

Please note it takes 3-4 days for the rejuvenation effects to start to work and the full result after 7-12 days.

We are more than happy to see you again for a touch up / top up if you feel it's not quite right and the best time to do this is 2-4 weeks after the initial treatment.

The treatment effects last for 16 weeks on average and recommend you book your next appointment at least a month in advance so you can get a convenient time and you will get a reminder after 3 months which is a good time to rebook.

**Other treatments we offer include:**

- Upper blepharoplasty
- Tixel skin rejuvenation
- Prothilo
- Removal of unwanted moles/skin tags/cysts and warts
- Thread and Varicose Vein removal

**Depending on the areas you have had treated the following can occur and is normal:**

- Some swelling in the treated areas that will be last for a few days. In some people the swelling can increase slightly on the second day as the water gets into the filler and this is normal. Applying a cold compress or ice in a cloth for 20 minutes every 4-6 hours onto the area is advisable.
- Some bruising may also occur and is normal and can last a few days and some arnica cream can help resolve this quicker.
- Application of makeup 2-3 hours after the procedure is ok.

**Things to be aware of that is NOT normal:**

- Increasing pain that is moderate to severe in the treated area or other nearby areas.
- Severe redness or swelling.
- Any other new symptoms that you are concerned about In the above scenario please contact us on 0207 386 0464.

The treatment effects last for 9-12 months on average and recommend you book your next appointment at least a month in advance so you can get a convenient time and you will get a reminder after 9 months which is a good time to rebook.

**Other treatments we offer include:**

- Upper blepharoplasty
- Tixel skin rejuvenation
- Profhilo
- Removal of unwanted moles/skin tags/cysts and warts
- Thread and Varicose Vein removal