

## Guidelines for procedure: Facial fillers

### Contraindications:

- allergic reaction to lidocaine
- pregnancy and breast-feeding
- sores
- fever

### Possible side effects:

- swelling
- redness
- pigmentation
- roughness
- bruising
- hot flashes
- mild inflammation in the injected area
- skin numbness

2 weeks before	Abstain from laser treatment, chemical peeling and other skin procedures to prevent occurrence of inflammation.
1 week before	Abstain from aspirin and other blood thinning medications, such as Ibuprofen, Paracetamol or Hjertemagnyl.
48 h before	Last chance to cancel the procedure.
During 6 h	Avoid touching the treated area.
After 6 h	The treated area may be washed.
After 12 h	May use makeup
For 1-2 days	Minor redness, swelling and itching may occur in the treated area. Swelling can be reduced by placing an ice pack on the area.
During 24 h	Abstain from aspirin and other blood thinning medications, such as Ibuprofen, Paracetamol or Hjertemagnyl.
During 48 h	Protect the skin from UV-radiation until the hematomas have dissolved.
For 1 week	The result may seem uneven and swelling may still occur
For 2 weeks	Abstain from laser treatment, chemical peeling and other skin procedures to prevent occurrence of inflammation.
Until the redness and swelling disappear	Abstain from sunbathing and sauna.