

POST-TREATMENT CARE

# LAVADA

## DERMAL FILLERS

- Remain upright for 4 hours.
- Be gentle if touching the treatment area for up to 48 hours (no face down massage or harsh exfoliation in this time).
- Avoid strenuous exercise, saunas and spas for 48 hours.
- No other facials for two weeks.
- Avoid touching the treatment area or applying makeup for at least 4 hours post treatment.
- Follow the injector's instructions regarding anti-viral medications if you are prone to cold sores.
- Avoid kissing and smoking for 48 hours post lip treatment.
- You may apply a cool compress to help reduce swelling.
- You may apply an anti-bruise cream such as *Hirudoid* or *Arnica* with clean hands if bruising occurs.

Please contact Lavada if you notice any of the following symptoms:

- Loss of colour in the skin.
- A 'fishnet stocking' pattern, ulcers, cold sores or double vision following filler.
- Pain that becomes worse in the treatment area, tenderness is fine.
- Any signs of infection such as increased inflammation, painful nodules or fever following filler.
- If outside business hours and the matter is urgent, please go to the Royal Hobart Hospital.

## ANTI-WRINKLE INJECTIONS

- Remain upright for 4 hours.
- Be gentle if touching the treatment area for up to 48 hours (no face down massage or harsh exfoliation in this time).
- Avoid strenuous exercise, saunas and spas for 48 hours.
- No other facials for two weeks.

## PENETRATIVE SKIN TREATMENTS

- Post treatment skin care to be used.
- Avoid sun exposure and active skin care (Vitamin A & C serum, Hydroxy Acids) for 48-72 hours, as this can increase sensitivity.
- Avoid using makeup for 24 hours.
- Take care with hot water in the shower and be gentle with skin.
- Zinc based SPF should be used vigilantly while skin is recovering.
- Any flaking skin should never be picked or pulled.
- Keep the skin hydrated and clean.

19A Hunter St  
Hobart TAS 7000

0416 620 069  
hello@lavada.com.au

IG @lavadacosmeticclinic  
lavada.com.au