

# healthfulnessbyruthy

Cosmetic Injector | Dentist

## **Facial Injectable Treatment Post-Operative Instructions**

### **Post-Op Instructions**

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 Dr Ruthy.

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 remotely from the site of injection please contact our clinic immediately.

Always return for your scheduled follow-up appointment with Dr Ruthy, even if you are satisfied with the 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.
- Eat until numbness has worn off (if applicable).
- Exposure 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.

- Undertake any other facial procedures e.g laser, microdermabrasion, chemical peels etc for 2 weeks.

**DO THE FOLLOWING:**

- Expect temporary side effects from injections lasting several days e.g swelling, bruising, redness - you may use mild analgesics e.g 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.
- Attend your scheduled review appointment with Dr Ruthy ideally within 14 days of the procedure.
- Contact the clinic immediately if you experience any unexpected pain, discolouration of the skin or other issues.
- Use SPF 30+ broad spectrum sunscreen daily and avoid sun exposure.

Please call the clinic on 6311 0520 If you have any other questions or concerns regarding your post-operative care. Our reception staff, nurses and Dr Ruthy work closely to ensure that all patients feel confident, comfortable and happy during their post-operative period.

*Thank you for trusting our team with your healthy beauty journey*