



CULTSKIN[®]

**PRE AND
POSTCARE
DERMAL FILLERS**

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PRE AND POSTCARE DERMAL FILLER

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Dermal Filler ® Pre- & Post-Treatment Care

Thank you for choosing our clinic for your Dermal Filler treatment.

*Dermal Filler – Mid-Face (Cheeks), Nasolabial Folds, Jawline, Chin, Tear Trough, Temple, Brow Lift,
Non-Surgical Rhinoplasty & Hand Rejuvenation*

Before Your Treatment

To help achieve the best possible results, please follow these recommendations:

Pre-treatment Advice

To help ensure the safest treatment and achieve the best possible results, please follow the advice below:

- If possible, avoid dental treatment, including routine hygiene appointments, for 4 weeks before your treatment.
 - If you are feeling unwell, have a cold, flu, fever, an active skin infection, or have recently completed a course of antibiotics, please contact the CULTSKIN® Patient Care Team before attending your appointment.
 - Treatment cannot be performed if you are pregnant or breastfeeding.
- Please inform your Doctor if you have recently received any vaccinations, are planning surgery, or have had any recent cosmetic treatments (including anti-wrinkle injections, dermal fillers, skin boosters, laser treatments, chemical peels or microneedling).
 - Up to one week before treatment, where medically appropriate, avoid blood-thinning medications such as Ibuprofen or Aspirin, together with herbal supplements including Omega-3 capsules, Vitamin E, St John's Wort, garlic and Ginkgo biloba. This helps minimise bruising. Never stop prescribed medication without first consulting your GP or prescribing clinician.
- Up to three days before treatment, avoid anti-ageing active skincare and prescription topical medications around the treatment area, including Retinol, Retinoids, Tretinoin, Glycolic Acid, Salicylic Acid and Alpha Hydroxy Acids.
 - Avoid excessive sun exposure, sunbeds or sunburn for 48 hours before your appointment.
- Avoid alcohol for 24 hours before treatment and try to reduce caffeine intake on the day of your appointment to help minimise bruising and swelling.
 - Drink plenty of water and attend your appointment well hydrated.

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- Eat a healthy meal or snack before your appointment to reduce the risk of feeling light-headed.
- Gentle shaving or tweezing around the treatment area is acceptable up to 3 days before your appointment. Please avoid waxing, depilatory creams (such as Nair®), threading or laser hair removal immediately before treatment.
- Wherever possible, attend your appointment with little or no make-up on the treatment area.

Reducing Bruising & Swelling

We recommend taking oral Arnica tablets for one week before and one week after treatment. Take two tablets, three times daily during the week leading up to your appointment. These are available from most pharmacies.

We also offer a topical Arnica cream, which may help reduce bruising and support recovery.

Alcohol

At **CULTSKIN®**, we recommend avoiding alcohol for at least 24 hours before and after treatment, as alcohol may increase bruising and interfere with normal healing.

Make-up

We recommend attending your appointment with little or no make-up on the treatment area. Your practitioner will thoroughly cleanse and prepare the skin before treatment.

Medical History

Please inform your practitioner of:

- Previous medical conditions
- Previous cosmetic or aesthetic procedures
 - Current medications
 - Allergies
 - Bleeding disorders
- Autoimmune conditions
- Previous reactions to dermal fillers or local anaesthetics
- History of cold sores (Herpes Simplex), particularly if the treatment is around the mouth

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Cold Sores

If you have a history of cold sores and are having treatment around the lips or mouth, dermal fillers may trigger an outbreak.

CULTSKIN® recommends discussing antiviral medication (such as Aciclovir) with your GP or Cultskin Doctor before treatment.

If you have an active cold sore, treatment cannot be performed until it has completely healed.

Pain Relief

For 24 hours before treatment, avoid anti-inflammatory painkillers such as Ibuprofen and Aspirin unless prescribed by your doctor.

Paracetamol is safe to take before and after treatment if required.

Travel

There are no restrictions on flying following treatment. However, we recommend remaining in the UK for at least 72 hours, and ideally up to two weeks, after your appointment should you require a review.

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Post-treatment Advice

Good aftercare can reduce swelling, bruising and the risk of complications.

Following your treatment, it is normal to experience:

- Mild redness at the injection sites
 - Swelling
 - Tenderness
 - Bruising
- Temporary firmness or small lumps
- Mild asymmetry while swelling settles

Swelling is usually most noticeable during the first 24-48 hours and gradually improves over the following few days. Your final results should be assessed after approximately 2-3 weeks.

General Aftercare

For the first 24-48 hours:

- Apply a clean, cool compress for 5-10 minutes every hour on the day of treatment to help minimise swelling and bruising.
- Keep the treated area clean.
- Stay well hydrated (aim for approximately 2 litres of water daily).
- Avoid touching, rubbing or massaging the treated areas unless specifically instructed by your practitioner.
- Sleep with your head slightly elevated where possible, particularly following facial treatments.

Avoid:

- Vigorous exercise, heavy lifting or straining.
 - Alcohol for 48 hours.
 - Caffeine where possible for the first 24 hours.
- Excessively salty, spicy or high-sugar foods which may contribute to swelling.
 - Smoking where possible, as it may delay healing.
- Saunas, steam rooms, hot baths, sunbeds and excessive heat.
 - Excessive sun exposure.
 - Swimming.
- Make-up over the injection sites for at least 24 hours.
 - Facial massage or beauty treatments.

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Skincare

- Wash the treated area gently using lukewarm water and a mild cleanser on the evening of your treatment.
- Avoid active skincare products for 24-72 hours, including:
 - o Retinol/Retinoids
 - o Glycolic Acid
 - o Salicylic Acid
 - o Benzoyl Peroxide
 - o Strong Vitamin C serums
 - o Exfoliating scrubs
- o Prescription topical treatments unless advised otherwise
 - Apply a gentle moisturiser if your skin feels dry or tight.
- Wear SPF 30 or higher daily and avoid prolonged sun exposure whilst healing.

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Treatment-Specific Advice

Chin Augmentation

- Avoid resting your chin on your hands.
- Avoid pressure from helmets, chin straps or prolonged leaning on the chin for at least 48 hours.

Jawline Filler

- Avoid pressure from helmets, straps or face cradles for 48 hours.
- Avoid sleeping directly on the treated side for the first 1-2 nights, where possible.

Mid-Face (Cheek) Filler

- Avoid sleeping directly on your cheeks for the first 48 hours.
- Avoid prolonged pressure or firm facial massage.

Nasolabial Fold Filler

- Avoid excessive facial massage.
- Where possible, postpone routine dental treatment for approximately 2 weeks.

Tear Trough Filler

- Swelling around the eyes is common and may be more noticeable on waking.
 - Sleep with your head elevated for the first 2-3 nights.
 - Avoid rubbing or applying pressure beneath the eyes.

Temple Filler

- Avoid tight hats, headbands or pressure to the temples for 48 hours.
 - Be gentle when washing or brushing your hair.
 - Avoid sleeping on the treated side where possible.

Brow Lift with Filler

- Avoid rubbing or applying pressure to the forehead.
 - Avoid tight hats or headbands for 48 hours.
- Sleep on your back with your head elevated where possible.

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Non-Surgical Rhinoplasty

- Do not touch, massage or manipulate your nose.
- Avoid wearing glasses or sunglasses resting on the bridge of the nose for approximately 2 weeks, unless advised otherwise.
- Sleep on your back and avoid sleeping face down for the first week.
 - Avoid blowing your nose forcefully.

Hand Rejuvenation

- Avoid strenuous use of your hands, including heavy lifting or repetitive gripping, for 24-48 hours.
 - Avoid prolonged pressure on the treated areas.
- Mild swelling and bruising are common and may last several days.

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When to Contact the Clinic Immediately

Please contact the clinic or seek urgent medical advice if you experience:

- Severe or increasing pain.
- Significant swelling that worsens rather than improves.
 - Skin becoming pale, white, grey, blue or mottled.
 - Blistering or skin breakdown.
- Increasing redness, warmth, pus or signs of infection.
 - Fever or feeling unwell.
- Any sudden visual disturbance, blurred vision or loss of vision (although extremely rare when treating facial areas).

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

Follow-Up

Your skin quality and hydration will continue to improve over the following weeks.

If you have any questions or concerns following your treatment, please contact the clinic. We are always happy to help.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

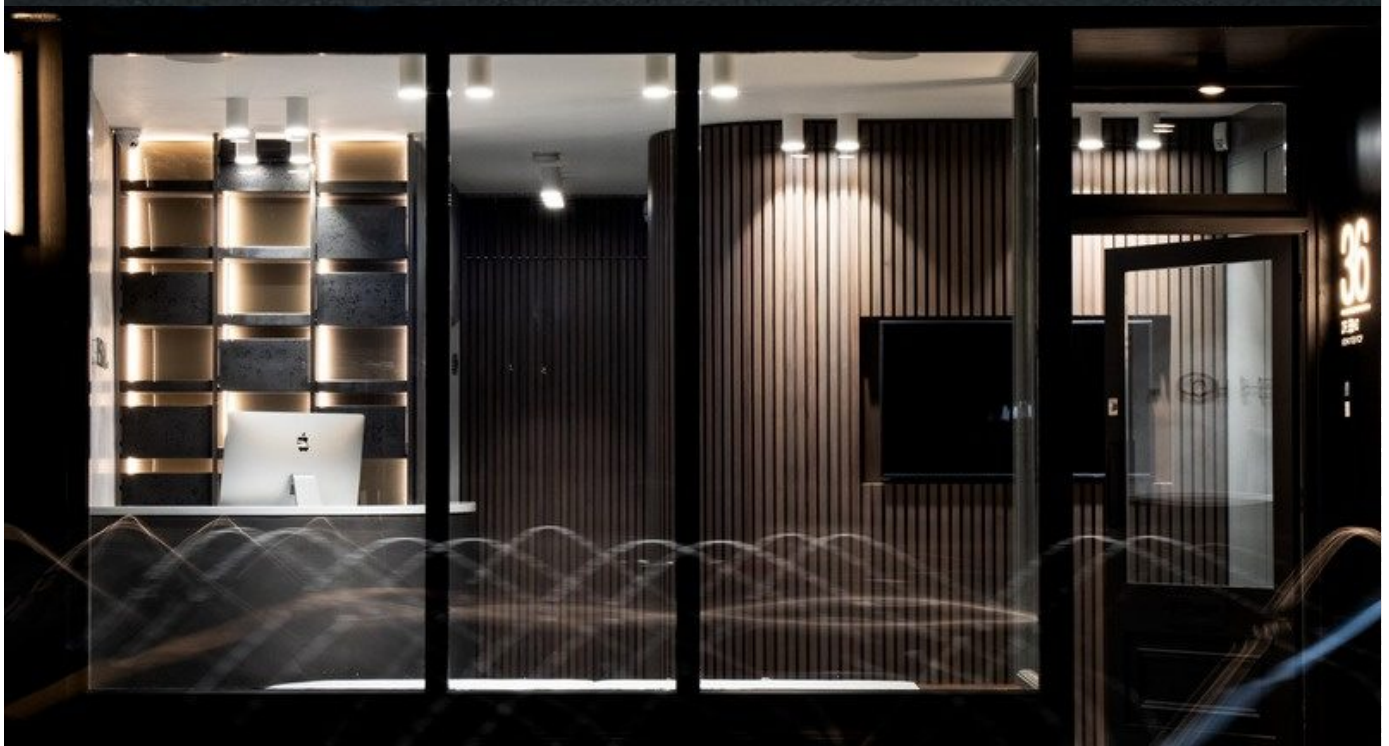
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



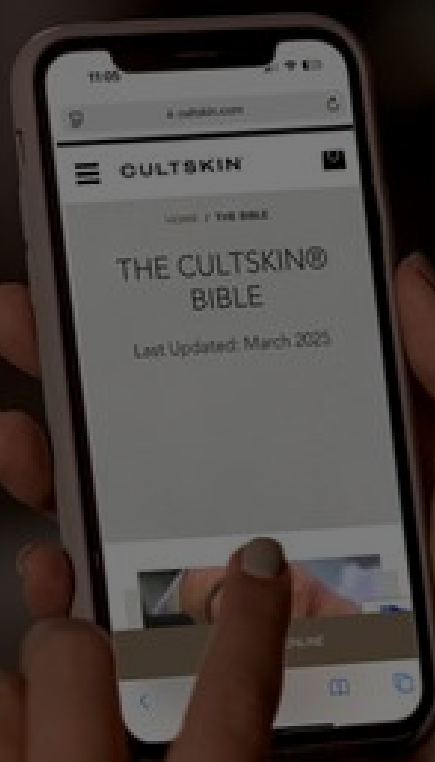
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a dark t-shirt, stands in a modern interior with a textured wall and a dark vertical element on the left. His hands are clasped in front of him.

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