# Dermal Fillers & Skin Boosters Aftercare Advice (Facial Treatment)

Thank you for choosing Lipsoflondonaesthetics for your aesthetic treatment. You have received dermal fillers and/or skin booster injections to enhance facial appearance and skin quality. To ensure the best results and minimize the risk of complications, please follow the aftercare advice below:

* Avoid touching or massaging the treated area for at least 24 hours unless directed by your practitioner.
* Refrain from applying makeup for 12 hours post-treatment to reduce the risk of infection.
* Avoid alcohol consumption for 24 hours post-treatment.
* Do not undergo any facial treatments (e.g. facials, massages, microneedling, peels) for at least 2 weeks.
* Avoid extreme temperatures (sunbeds, saunas, steam rooms, hot showers) for 48 hours.
* Sleep with your head elevated for the first night to help reduce swelling.
* Mild redness, swelling, tenderness or bruising is normal and should subside within a few days.
* Do not exercise or participate in strenuous activity for 24–48 hours.
* Stay well-hydrated and avoid excessive salt or caffeine intake.
* For skin boosters, optimal results may require a course of treatments spaced 2–4 weeks apart.

⚠️ Please contact us immediately if you experience any of the following:  
- Severe or increasing pain  
- Lumps or nodules that persist or worsen  
- Skin discolouration or blanching (white or grey patches)  
- Signs of infection (fever, pus, increasing redness)

Follow-up appointments can be arranged if necessary. Please allow 2 weeks for swelling to settle and results to stabilise before considering further treatment.

If you have any questions or concerns, please do not hesitate to contact us on 07577608495.  
Thank you for trusting Lipsoflondonaesthetics with your care.