



Doctor: Dr Katina Koukourou BMBS, FRACGP

- Do not touch or apply make-up to the treated area for 6 hours.
- Avoid alcohol for 24 hours.
- Avoid strenuous exercise for 24 hours.
- Avoid extremes of heat and/or cold for one week, e.g. sauna, solarium, sun bathing, skiing etc.
- Do not massage or press the treated areas for at least 24 hours.
- If you experience any discomfort we would recommend that you take paracetamol (but avoid aspirin and anti-inflammatory drugs e.g. ibuprofen).
- Bruising can be treated with arnica cream.
- Swelling can be treated with a cool pack (but avoid ice).
- 48 hours after treatment you may begin introducing Gingko Bilboa, Garlic, Flax oil, Cod Liver Oil, Fish Oil, Vitamin A, Vitamin E and any other essential Fatty Acids.
- If Laser Treatment or Chemical Peel or any other procedure is considered after dermal filler treatment the risk of eliciting an inflammatory reaction may be possible. Consider such treatments 2 weeks before or after Dermal Fillers.

For after hours' assistance Dr Katina Koukourou can be contacted on 0419 881 922.