

THE MUSE

MEDI SPA

DERMAL FILLERS / BOTOX AFTERCARE

DERMAL FILLER

General aftercare advice



1. NO SAUNAS, STEAMS OR STRENUOUS ACTIVITY FOR THE FIRST 48 HOURS
2. SUN BEDS ARE AN ABSOLUTE NO, WE DO NOT ADVISE SUN BEDS FULL STOP. UV EXPOSURE OF ANY KIND WILL DAMAGE THE SKIN, AND PROMOTES PREMATURE BREAKDOWN OF DERMAL FILLERS
3. AVOID DIRECT SUNLIGHT FOR THE FIRST 48 HOURS POST PROCEDURE, STAY IN THE SHADE AND APPLY FACTOR 50 SPF REGULARLY. SUN EXPOSURE CAN WORSEN SWELLING AND INFLAMMATION.
4. AVOID FREQUENT TOUCHING OF THE INJECTED AREA, AND AVOID MAKEUP FOR THE FIRST 12 HOURS TO MINIMISE THE CHANCE OF INFECTION
5. AVOID ALCOHOL, IBUPROFEN AND ASPRIN FOR 48 HOURS POST TREATMENT TO PREVENT FURTHER BLEEDING/ BRUISING
6. LUMPS/BUMPS AND ASYMMETRY ARE COMMON DURING THE FIRST 14 DAYS AND NORMALLY SELF RESOLVE, PLEASE ALLOW ENOUGH TIME FOR ALL RESIDUAL INFLAMMATION TO SETTLE
7. APPLY ICE PACKS / COLD COMPRESS TO SWELLING. PARACETAMOL CAN BE TAKEN FOR ANY TENDERNESS POST TREATMENT
8. SIGNS AND SYMPTOMS OF AN ADVERSE EVENT CAN INCLUDE : AN AREA OF PALLOR (PALE WHITE PATCH), EXTEME SWELLING, DELAYED CAPILLARY REFILL TIME, MOTTLED SKIN, SEVERE PAIN AND HEAT.

IF YOU HAVE ANY QUESTIONS OR QUERIES REGARDING ANY OF THE ABOVE PLEASE CONTACT US VIA PHONE OR EMAIL AND WE'LL ADVISE YOU AS BEST WE CAN!

FOR EMERGENCIES (SYMPTOMS LISTED IN POINT 8) PLEASE USE OUR EMERGENCY CONTACT NUMBER 07847875154

CHEEK/CHIN/JAW

Aftercare advice



THERE ARE NORMAL SYMPTOMS THAT CAN OCCUR WHEN UNDERGOING CHEEK / CHIN / JAW FILLER THAT USUALLY SELF RESOLVE. IT IS ABSOLUTELY NORMAL TO EXPECT THE FOLLOWING.

1. THE TREATED AREA CAN BE SWOLLEN, RED AND INFLAMED. THIS IS ABSOLUTELY NORMAL - ALLOW SEVEN DAYS TO SETTLE
2. CHEEKS/CHIN & JAWLINE FILLER CAN SWELL AND FEEL HARD/HARSH LOOKING - THIS WILL SOFTEN WITHIN USUALLY 72 HOURS. A THICKER PRODUCT IS USED TO TREAT THESE REGIONS AND CAN AMPLIFY SWELLING.
3. SLEEP ON YOUR BACK IF POSSIBLE AFTER PROCEDURE TO MINIMISE PRESSURE TO THE TREATED AREAS
4. REGULAR PARACETAMOL WILL REDUCE TENDERNESS TO THE TREATED AREA
5. BRUISING IS COMMON AND TO BE EXPECTED WITH ANY INJECTABLE PROCEDURE. REGULAR COLD COMPRESS WILL HELP WITH SWELLING AND BRUISING.

IF YOU HAVE ANY QUESTIONS OR QUERIES REGARDING ANY OF THE ABOVE PLEASE CONTACT US VIA PHONE OR EMAIL AND WE'LL ADVISE YOU AS BEST WE CAN!

NON SURGICAL RHINOPLASTY

Aftercare Advice



1. NO SUNGLASSES / READING GLASSES ON THE NOSE FOR 4 WEEKS
2. SWELLING AND TENDERNESS POST PROCEDURE IS NORMAL, SEVERE PAIN IS NOT.
3. AVOID HOT/STEAMY ROOMS DUE TO FILLER SURFACING AND PUSHING OUT OF PORES
4. THE NOSE IS A HIGHER RISK REGION PLEASE CONTACT US IF YOU ARE CONCERNED OR SHOWING ANY SIGNS OF AN OCCLUSION.

BOTOX TREATMENT

Aftercare advice



THERE ARE NORMAL SYMPTOMS THAT CAN OCCUR WHEN UNDERGOING ANTI-WRINKLE TREATMENT THAT USUALLY SELF RESOLVE. IT IS ABSOLUTELY NORMAL TO EXPECT THE FOLLOWING.

1. KEEP HEAD UPRIGHT FOR 4 HOURS POST TREATMENT - DO NOT TOUCH THE TREATED AREAS
2. HEADACHES MAY OCCUR - TAKE PARACETAMOL IF NECESSARY AND STAY HYDRATED
3. REVIEW APPOINTMENTS MUST BE BETWEEN DAY 14-21. "TOP UPS" DO NOT MAKE BOTOX LAST LONGER AND ARE FOR CORRECTIVE PURPOSES ONLY
4. NO FACIAL BEAUTY TREATMENTS ARE ADVISED FOR 7 DAYS POST TREATMENT - THIS INCLUDES THE FOLLOWING
 - FACIALS
 - BROW WAXING
 - MICROBLADING

TEAR TROUGHS

Aftercare advice



1. EYES CAN BE PUFFY AND SWOLLEN FOR UP TO 2 WEEKS POST PROCEDURE
2. ENSURE YOU PAT THE UNDER EYES TWICE DAILY FOR 2 WEEKS TO ENCOURAGE LYMPHATIC DRAINAGE
3. USE A MOISTURISER / EYE GEL AND PAT INTO THE UNDER EYE WITH MODERATE PRESSURE DAILY
4. AVOID SUN EXPOSURE ESPECIALLY IN THIS REGION

CHECK UPS

Capillary re-fill time

CAPILLARY REFILL TIME IS DEFINED AS THE TIME TAKEN FOR COLOUR TO RETURN TO AN EXTERNAL CAPILLARY BED AFTER PRESSURE IS APPLIED. IT'S IMPORTANT TO TEST YOUR CAPILLARY RE-FILL TIME AFTER DERMAL FILLERS.

WE TEST CAPILLARY RE-FILL TIME TO ENSURE ADEQUATE BLOOD FLOW REMAINS & TO CHECK FOR SIGNS OF BLOOD VESSEL OCCLUSION. HERE IS HOW TO CHECK YOUR CAPILLARY RE-FILL TIME AT HOME.



- PLEASE PRESS THE INJECTED AREA FOR 5 SECONDS AND RELEASE.
- APPLY FIRM PRESSURE AND CHECK FOR TIME TAKEN FOR BLOOD TO COME BACK TO THE SKIN
- YOUR CAPILLARY RE-FILL TIME SHOULD BE UNDER 2 SECONDS. THE SKIN USUALLY GOES FROM WHITE TO NORMAL COLOUR WITHIN THIS SHORT TIME FRAME
- IF CAPILLARY RE-FILL TIME IS SLUGGISH OR IF SKIN REMAINS PALE FOR A PROLONGED PERIOD AFTER APPLYING PRESSURE, PLEASE GET IN TOUCH

FOR EMERGENCIES PLEASE CALL 02038615990 DURING OPENING HOURS OR 07847875154 OUT OF HOURS

KNOW THE SIGNS

Look out for the following

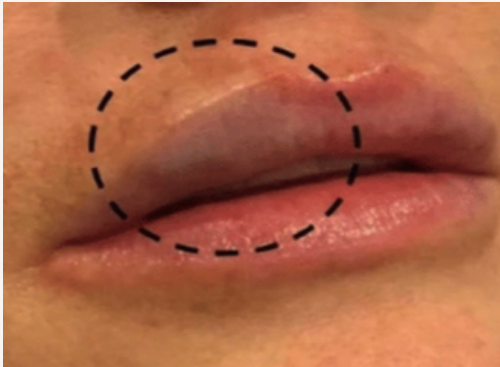


BELOW ARE THE STAGES OF A VASCULAR OCCLUSION WHICH CAN OCCUR POST DERMAL FILLERS. IF YOU NOTICE ANY OF THE FOLLOWING SYMPTOMS PLEASE USE OUR EMERGENCY CONTACT NUMBER:

1. PALLOR – A PALE REGION OF TISSUE WITH DELAYED CAPILLARY REFILL, USUALLY VISIBLE WITHIN 30 MINS OF VASCULAR OCCLUSION
2. LIVIDO RETICULARIS – “MOTTLING” THIS PHASE BEGINS AFTER THE INITIAL PALE BLANCHING POST VASCULAR OCCLUSION.
3. PUSTULAR – SKIN WILL CONTINUE TO DETERIORATE POST HYALASE AND SMALL PUSTULES WILL BREAK OUT OVER THE SKIN

A VASCULAR OCCLUSION IS TREATABLE WHEN ACTED UPON IN A TIMELY MANNER. ONSET OF NECROSIS APPEARS USUALLY 4-7 DAYS POST TREATMENT SO PLEASE IF YOU NOTICE ANY OF THE FOLLOWING SIGNS OR SYMPTOMS CALL THE EMERGENCY CONTACT NUMBER 02038615990 (BETWEEN 10-5) OR 07847875154 (OUT OF HOURS)

1.



2.



3.

