



Skin Booster : Pre & Post Care Information

Skin Boosters are a low risk procedure with a natural aesthetic.

The main issues are swelling and bruising in the few days post injection.

Pre-Treatment:

- To reduce bruising risk, avoid blood-thinning medications/ supplements for one week before your appointment:
 - e.g. aspirin, ibuprofen (if you take anti coagulants for a cardiovascular indication, please don't stop them- please book an appointment with our doctor.
 - e.g. herbal supplements such as garlic, vitamin E, ginko biloba, St. John's Wort and fish oil.
 - some patients use Arnica to reduce bruising. If you chose to do this start 2 days before your injections and continue for a week.
 - Please don't drink alcohol for 24 hours before or after your treatment to avoid extra bruising.
- If you have a history of frequent cold sores in the treatment area please take antiviral therapy prior to treatment. Our doctor can prescribe this at your initial appointment - start 2 days prior to treatment
- Expect dermal filler injections to cause redness, bruising and swelling and factor this into your social plans. If you have under eye boosters, please expect bumps in the eye region, which will settle in a few days. If the swelling lasts longer than 7 days, please book a follow- up appointment.

Post-Treatment:

- If you have swelling, apply a cool compress for 15 minutes each hour or take an antihistamine.
- Use paracetamol for discomfort.
- You can massage the area if you have swelling.
- If you are worried, please contact us for advice

Skin Boosters are usually done as a series of 3-4 initial treatments every 4 weeks, then every 6 months.