



**Fine Line Natural Beauty**  
Cosmetic Tattoo and Training Academy  
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## HYALURONIC ACID GEL HEALING

The healing process can be divided into 3 stages. During 2-4 weeks after the procedure, you may experience one or all of these phases.

- Healing of the irritation on the surface layers of the skin and management of potential lumps.
- Changes in the shape and thickness of skin
- Achieving of the stable new state.

### BE PREPARED FOR SOME SWELLING AND BRUISING

Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching on or near the treatment area.

Avoid itching, massaging, poking or picking around the spots that mark the insertion of filler. This is completely normal and generally disappears within a few hours to a few days.

If these symptoms last more than 3 days, please contact us. You may take acetaminophen (Tylenol or similar) to reduce any pain as necessary.

Arnica is a natural ointment commonly used to reduce bruising, works very well on the treatment area.

For the first 24 hours following treatment, you should avoid strenuous exercise, excessive sun or heat, and consumption of alcoholic beverages. This minimizes the risk of temporary redness, swelling, and/or itching at the treatment sites. An ice pack can be applied to the site if you experience swelling.

### LUMPS AND BUMPS ARE TOTALLY NORMAL WITH HYALURON PEN FILLERS.

Initial bumps can be due to injection site injury and swelling (not necessarily the product). Lumps and bumps tend to disappear on their own but can take up to 2 weeks to integrate and spread.

After the swelling goes down, if there is still a lump, apply soft pressure onto the lump and hold for up to ten minutes, 2 - 3 times daily. After 2 - 3 days of doing this all lumps should be gone.

### DO NOT CONSIDER THE RESULT OF THE INITIAL PROCEDURE TO BE FINAL

Many clients have experienced mild anxiety when they have studied how the shape of lips or facial smile-lines changes during the first couple of weeks after the procedure. This is completely normal and there is no need to worry because of that. In the beginning, the treatment area sometimes looks a bit asymmetric, it will most probably change

quite significantly during the first month after the procedure.

### AFTERCARE

- For 1 week prior & 1 week after, avoid tretinoin, retinal, retinoids, glycolic acid, peels, skin sensitizing products.
- 72 hours prior & 72 hours after, avoid highly processed foods as they dehydrate the body. Instead, eat spinach, kale and celery the week before to boost your levels of Vitamin K.
- For 1 week after, keep your treated area protected from the sun and use 45+ broad spectrum SPF.
- Avoid intensive sweating, exposure to extreme temperatures and swimming for 2 -3 days prior to treatment.
- Drink 1 litre more water daily for 48 hours before and after treatment. Hyaluronic Acid bonds to other Hyaluronic Acid and water. Dehydration dissipates the Hyaluronic Acid Filler.
- 24 hours prior and as needed after take anti-inflammatory to help with swelling and bruising.
- 1 week prior and after avoid flying or saunas as they dehydrate the body.
- Be gentle to your treatment area for at least 24 hours after the procedure.
- 24 hours prior and after avoiding rigorous workouts.