



COLLAGEN
STIMULATING
INJECTIONS

Aftercare guide

COSMETIC
— CONNECTION —

AFTERCARE

Thank you for visiting Cosmetic Connection, one of Australia's leading cosmetic medicine clinics. This guide contains the aftercare instructions you must follow after having collagen stimulating injections.

We use collagen stimulating injections to treat signs of ageing like facial hollowness, sagging, deep folds, and a loss of definition. We can also use them to restore structure and strength to your skin and facial tissues by replenishing collagen.

Proper aftercare is important to reduce the chance of side effects, and to get the best, longest-lasting results.



REAL
PEOPLE.
REAL
RESULTS.

AFTERCARE

What you can expect

Immediately after your treatment:

- Slight redness at the treated sites.
- Mild swelling and bruising may occur. Swelling can be uneven, so don't worry if your result isn't smooth. Allow time for the area to heal.
- The treated areas will feel firm, and possibly irregular. This gradually improves over 2-4 weeks.

Within hours:

- General tenderness around the treated sites as any numbing wears off. This resolves over a few days.

Within days:

- Swelling is usually the most pronounced the day after your treatment.





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When you'll see a result

Most collagen stimulating injections give an immediate result, but allow time for your body to produce new collagen.

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You can expect to see a result immediately after having gel-based collagen stimulating injections.

As there will be some swelling, it's important to allow 2-4 weeks for the treated areas to heal. Most swelling will resolve in 2-3 days.

The treatment stimulates your body to lay down new collagen fibres over 12 weeks. While the injections wear off over 1-4 years depending on the product, your new collagen lasts many years beyond this.

Your result depends on your body's ability to produce new collagen. The younger you are and better your health, the more collagen you will make.



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What you need to do

Carefully following the aftercare is vital to ensure you get the best result, with the lowest chance of side effects.

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For redness, swelling, tenderness and bruising:

- Take paracetamol (where safe) for any discomfort.
- Gently apply a wrapped cold pack to the treated areas intermittently.

If you're prone to cold sores in the treated areas we may recommend taking preventative medication.

To reduce the chance of infection keep your skin clean for 24 hours.

To maximise collagen production get adequate sleep and exercise for at least 12 weeks.

If you've had powder-based collagen stimulating injections (Sculptra), you will need to strictly follow the treatment massage protocol. Your injector will have shown you how to do this. Massage the treated areas as directed for 5 minutes, 5 times per day, for 5 days.



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What you need to avoid

The most important part of your collagen stimulator aftercare is knowing what not to do.

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To reduce swelling, redness, tenderness and bruising, avoid:

- Strenuous exercise for 24 hours.
- Anti-inflammatories or supplements (unless taking for medical reasons) for 24 hours.
- Hot environments like saunas for 24 hours.
- Domestic flights for 24 hours.

To prevent infection:

- Do not apply makeup for 24 hours.
- Avoid invasive dental treatment for 2 weeks (unless strongly medically indicated). You may need to take antibiotics for this.

To avoid skin irritation do not:

- Restart your active skincare for 24 hours.
- Have skin treatments for 24 hours.

To stop the product spreading, avoid applying pressure to treated areas for 1 week.

To maximise collagen production avoid smoking, alcohol, and sun-exposure without UV protection for 12 weeks.

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When to get in touch with us

You're journey with us doesn't end when you leave the clinic. Get in touch if you have questions about your treatment.

If you develop any of the following, please contact us immediately for advice:

- A rash in the treated areas.
- Worsening swelling, redness or pain.
- Skin discolouration (dark red, white, mottled, blotchy, dusky, grey, or black) or clusters of pimples, pustules or blisters at or near the treated areas.

If you have any concerns about your result after 12 weeks, please get in touch to arrange a complimentary follow-up.

If you have any of the following, please call an ambulance immediately, and ask the attending doctor to contact us:

- Facial or airway swelling.
- Difficulties breathing, swallowing or speaking.





AFTERCARE

The next steps to take

To get better results follow your treatment plan, and apply our collagen stimulator optimisation principles.

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BUILD FIRST

Incrementally building your result over a few sessions is more precise and has lower risk. If needed, book your second session [here](#).

MAINTAIN YOUR RESULT

Once built, consistent maintenance of your result is key. It's easier to maintain than to let everything wear off and start from scratch. We recommend a conservative maintenance treatment every 12-24 months.

COMPLEMENT YOUR TREATMENT

To maximise what we can achieve with collagen stimulators you must stay healthy and keep your skin in great condition. Get sufficient sleep and exercise, avoid smoking and excessive alcohol, and use high quality skin care, sun protection, and treatments to tighten your skin.

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Treatments to complement

Get more out of your collagen stimulating injections by complementing them with these popular treatments.

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ANTI-WRINKLE INJECTIONS

Smooth fine lines and wrinkles, and prevent deeper ones developing with anti-wrinkle injections. We are experts in natural-looking anti-wrinkle treatments.

[Learn more.](#)

BIO-REMODELLING INJECTIONS

Restore youthful tone, texture and hydration to your skin with this deep rejuvenation treatment often referred to as injectable moisturiser. [Learn more.](#)

RADIO FREQUENCY SKIN NEEDLING

Tighten, tone and restore collagen to your skin with this powerful skin rejuvenation treatment. [Learn more.](#)

ACTIVE SKINCARE

Nourish your skin from the outside in with our range of hand-selected, active skincare products.

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Our priority is you

Everyone deserves a positive experience and a great result. By nature, cosmetic treatments always carry a small degree of variability, and individual results may vary.

If you have any concerns regards your results or your experience, please get in touch with us and one of our friendly team members will assist you.



At Cosmetic Connection, we stand for honesty, excellence and inclusivity. We provide bespoke treatments in a safe environment to help everyday people look and feel their best.

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your next
appointment?

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