


AFTERCARE

Aftercare guide

COSMETIC
— CONNECTION —

A close-up photograph of a man and a woman smiling warmly. The man is on the left, wearing a white t-shirt, and the woman is on the right, wearing a dark top. Her hand is resting on his shoulder. In the background, a large, light-colored stylized letter 'E' is visible, containing the text.

—
REAL
PEOPLE.
REAL
RESULTS.

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AFTERCARE GUIDE

General instructions

Please read and follow all general instructions carefully, regardless of the treatment you had.

GENERAL INSTRUCTIONS

What to do

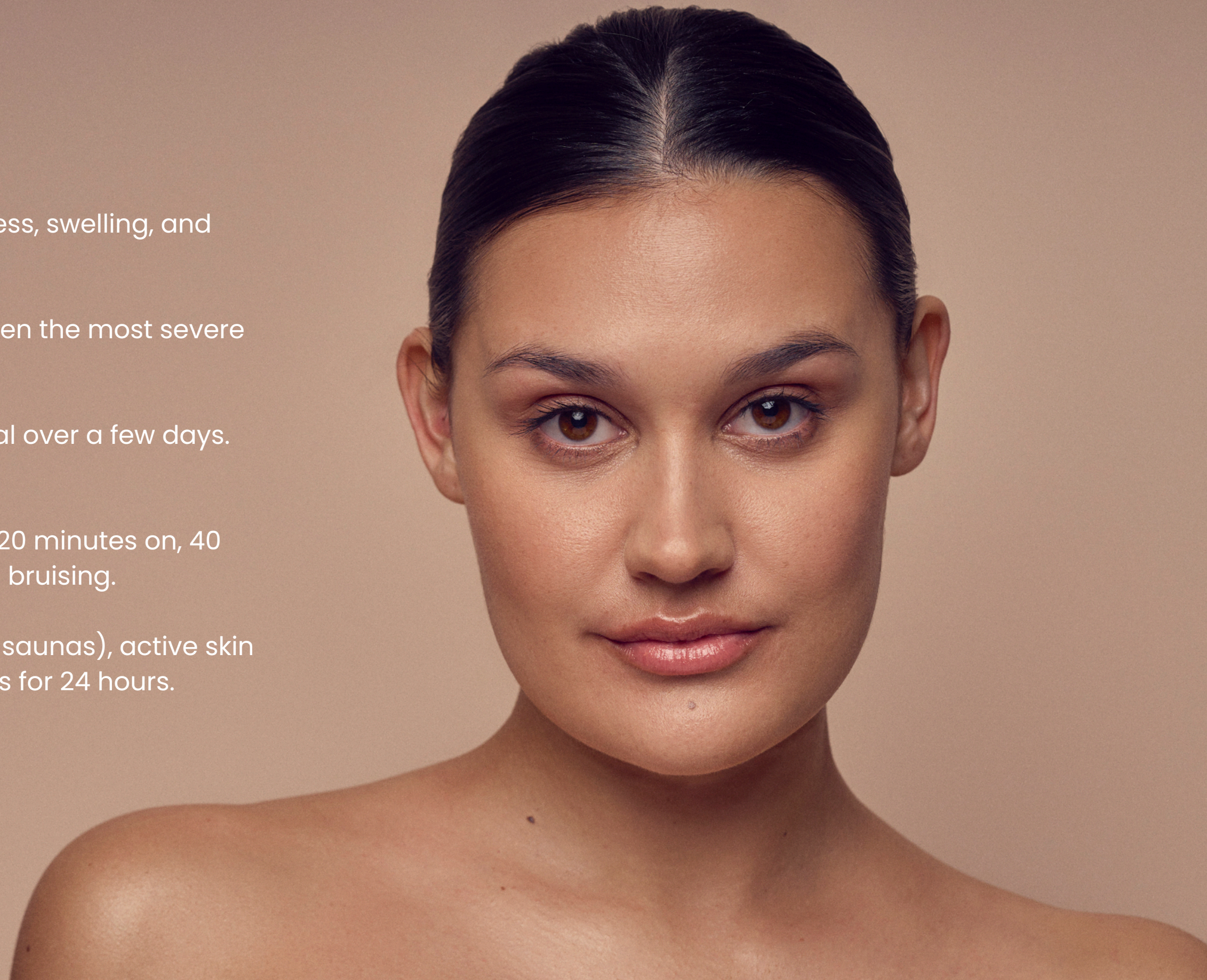
After your treatment it is normal to experience mild redness, swelling, and tenderness in the treated areas. Bruising may also occur.

Swelling may be uneven, and feel firm and lumpy. It is often the most severe the morning after your treatment.

Redness, tenderness, swelling, and bruising gradually heal over a few days. Sometimes it will settle quicker, and other times slower.

Gently apply a wrapped cold pack to the treated areas (20 minutes on, 40 minutes off) to reduce swelling, redness, tenderness, and bruising.

Avoid strenuous exercise, alcohol, hot environments (like saunas), active skin care, smoking, and applying makeup to the treated areas for 24 hours.



AFTERCARE GUIDE

Botox

We use botox to soften wrinkles, slim muscles, treat TMJ & grinding, and reduce sweating.

It is also known as Dysport, Letybo, Xeomin, anti-wrinkle injections, anti-sweat injections, and muscle slimming injections.

BOTOX

Specific aftercare

Please follow all general instructions, as well as those detailed below.

LUMPS

It is normal to experience small lumps at the injection sites, which resolve in 15-30 minutes.

HEADACHES

Headaches may occur when treating the upper face. You can manage them with simple over-the-counter pain relief (where safe).

DON'T TOUCH THE TREATED AREA

To prevent the botox from spreading, avoid touching the treated areas for 6 hours.



BOTOX

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

Botox starts working in 3-4 days, with the full effect reached in 2 weeks. When slimming muscles, final results are seen in 4 weeks.

LONGEVITY

Your result will gradually wear off over 3-6 months. You can increase how long your results last with stronger treatments, and consistent maintenance.

MAINTENANCE

You can have botox up to 4 times per year.

OPTIMISING RESULTS

Achieve better results with consistent maintenance. When slimming bulky muscles, you may need a second session 4 weeks after your first.

FEEDBACK

At your future appointments, let us know if your result was too strong, not strong enough, or just right. This allows us to fine tune your treatment.

BOTOX

Treatments to get better results

Want to achieve even better improvements in your wrinkles with results that last longer, and look more natural?

Botox is great for softening lines, but you'll experience superior results by combining it with treatments to rejuvenate your skin.

Speak to us now about collagen stimulating injections, skin hydration boosters, and Rejuran.

[Ask a question](#)



AFTERCARE GUIDE

Collagen stimulating injections

Collagen stimulators are a specialised type of dermal filler. They are also known as Radiesse, Sculptra, and Ellansé.

COLLAGEN STIMULATING INJECTIONS

Specific aftercare

Please follow all general instructions, as well as those detailed below.

SCULPTRA MASSAGE

After Sculptra, massage treated areas for 5 minutes, 5 times a day, for 5 days.

COLD SORES

We may advise cold sore tablets if you've had flares in the treated areas.

FLYING

Avoid short domestic flights for 24 hours, and longer flights for 1 week.

DENTAL WORK

Avoid invasive dental work for 2 weeks unless urgent (antibiotics may be needed).

DON'T APPLY PRESSURE

Aside from Sculptra massage, do not apply pressure to the treated areas for 5 days.



COLLAGEN STIMULATING INJECTIONS

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

You'll see an instant result from most collagen stimulators, and gradual results from others. Results continue to develop as your body produces new collagen.

LONGEVITY

Collagen stimulators wear off slowly over 18-24 months, while your new collagen lasts for many years.

MAXIMISING COLLAGEN

To achieve the best possible result, avoid smoking, alcohol, and unprotected sun exposure for 12 weeks.

MAINTENANCE

Maintain your results and combat further ageing with repeat treatments every 12-24 months.

COLLAGEN STIMULATING INJECTIONS

Treatments to get better results

Want to achieve even better, longer-lasting, and natural results that keep you looking younger for longer?

Collagen stimulating injections are great for improving tissue quality and slowing sagging, but you'll experience superior results by combining them with treatments to restore volume and smooth fine lines & wrinkles.

Speak to us now about our volume-restoring dermal fillers, and treatments for wrinkles and skin hydration.

[Ask a question](#)



AFTERCARE GUIDE

Dermal fillers

Dermal fillers add and restore volume to treat signs of ageing, and enhance your appearance.

DERMAL FILLERS

Specific aftercare

Please follow all general instructions, as well as those detailed below.

DON'T APPLY PRESSURE

Do not apply pressure to the treated areas for 5 days.

COLD SORES

We may advise cold sore tablets if you've had flares in the treated areas.

FLYING

Avoid short domestic flights for 24 hours, and longer flights for 1 week.

DENTAL WORK

Avoid invasive dental work for 2 weeks unless urgent (antibiotics may be needed).

SWELLING

Swelling will accentuate your result, especially after lip dermal fillers.



DERMAL FILLERS

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

You'll see an instant result from dermal fillers, but allow a few days for swelling to settle.

LONGEVITY

Dermal fillers wear off slowly over 12-24 months, although results can last longer with repeated treatments.

NUMBER OF TREATMENTS

Depending on your concerns & goals, we may recommend multiple treatments.

MAINTENANCE

Maintain your results with treatment every 12-24 months, depending on your goals and the areas treated.

DERMAL FILLERS

Treatments to get better results

Ensuring facial balance by using dermal filler holistically is the most effective way to look more attractive and age gracefully with natural results.

For example, treating your cheeks and chin gives your face a slimmer shape. Treating your nose, lips and chin in combination improves side profile balance.

We can also preserve your natural facial contours and prolong your suitability for dermal fillers by boosting collagen levels.

Speak to us now about other areas we could treat to achieve even better results, and our clinically proven anti-ageing collagen stimulation treatments.

[Ask a question](#)



AFTERCARE GUIDE

Fat dissolving injections

Fat dissolving injections break down stubborn pockets of fat, permanently.

FAT DISSOLVING INJECTIONS

Specific aftercare

Please follow all general instructions, as well as those detailed below.

DON'T APPLY PRESSURE

Do not apply pressure to the treated areas for 5 days.

SWELLING

Expect moderate to severe swelling, which usually resolves over 3-5 days.

INDURATION

The treated area will feel firm and lumpy for up to 8 weeks. When not painful, you can massage induration to encourage healing.



FAT DISSOLVING INJECTIONS

Results

Understand what to expect from your treatment, and what the next steps are.

NUMBER OF TREATMENTS

Depending on the amount of fat and your response to treatment, 2-6 sessions may be required with minimum 8 week intervals.

TIME TO RESULT

You'll see the final result in 8 weeks.

LONGEVITY

Broken down fat cells don't return, but remaining fat cells can grow and shrink with weight changes.

OPTIMISING RESULTS

A healthy diet and regular exercise are vital for slimming remaining fat cells.

FAT DISSOLVING INJECTIONS

Treatments to get better results

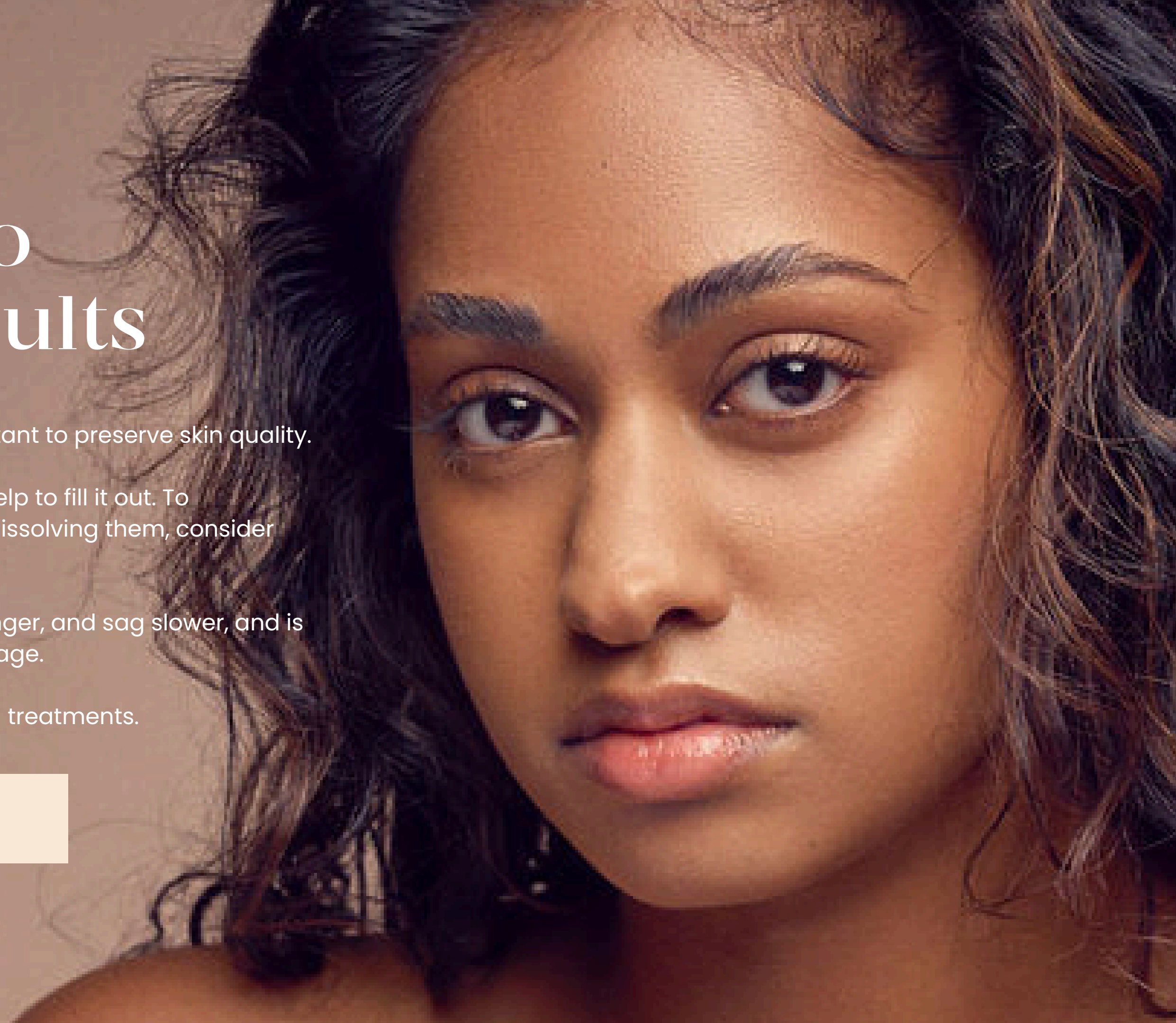
When reducing areas of stubborn fat, it's important to preserve skin quality.

With age, skin sags, and small amounts of fat help to fill it out. To compensate for the reduction in fat cells after dissolving them, consider treatments to stimulate collagen.

Boosting collagen makes your skin thicker, stronger, and sag slower, and is especially beneficial after fat dissolving as you age.

Speak to us now about our collagen stimulating treatments.

[Ask a question](#)



AFTERCARE GUIDE

Filler dissolving/reversal

Filler dissolving is also known as Hyalase/hyaluronidase. It removes unwanted dermal filler, and treats dermal filler complications.

FILLER DISSOLVING/REVERSAL

Specific aftercare

Please follow all general instructions, as well as those detailed below.

DON'T APPLY PRESSURE

Do not apply pressure to the treated areas for 2 days.

NATURAL TISSUE

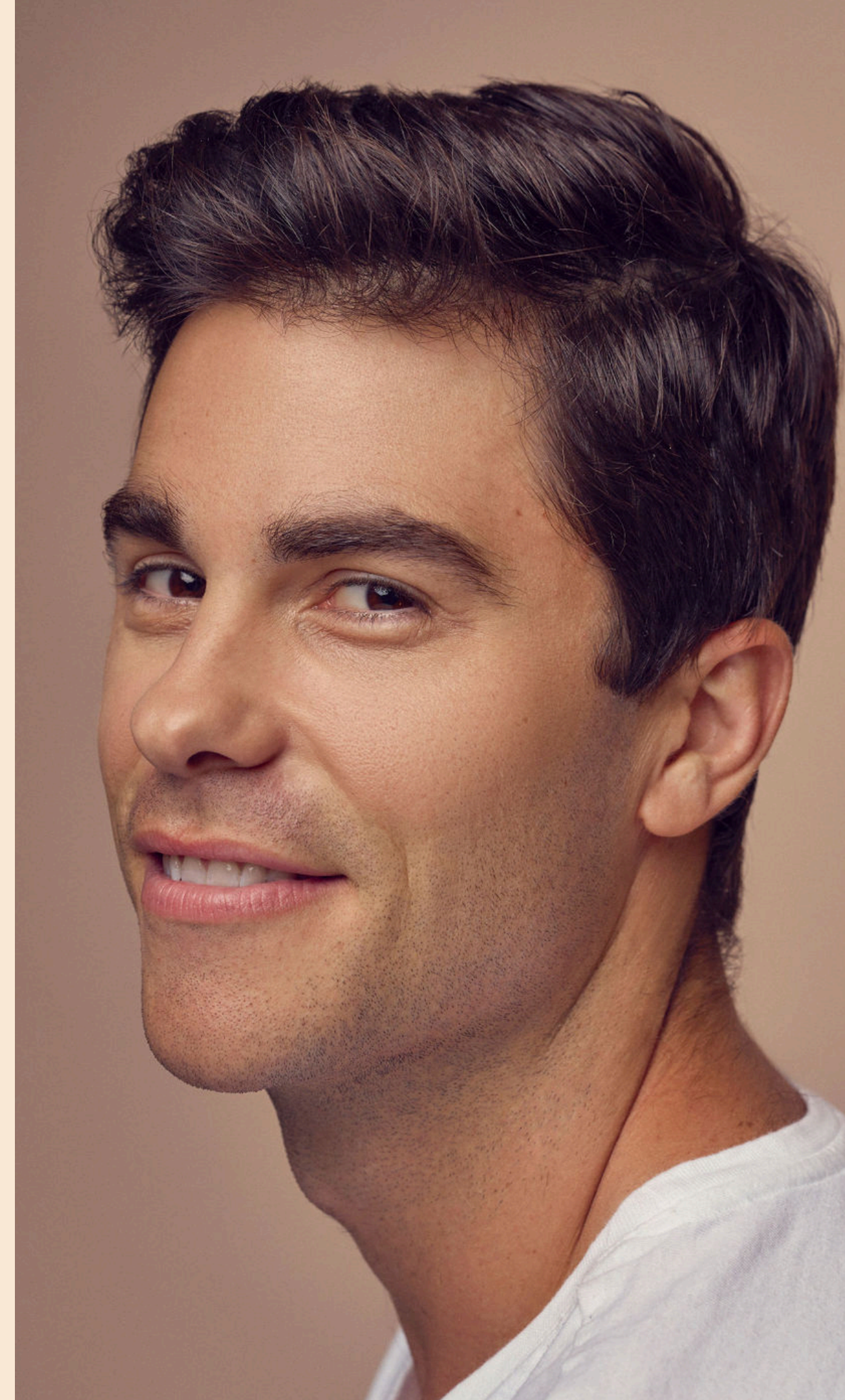
While filler dissolving can break down your natural hyaluronic acid, your body replenishes this in 24-48 hours.

COLD SORES

We may advise cold sore tablets if you've had flares in the treated areas.

HOLLOWNESS & AGEING

If you're dissolving fillers that you've had for a long time, you may look older than you remember. This is because the dermal filler has been disguising ageing.



FILLER DISSOLVING/REVERSAL

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

Dermal fillers dissolve instantly, but you need to wait a few days for any swelling to settle.

ADDITIONAL TREATMENTS

Sometimes you'll need multiple dissolving treatments to reverse your dermal filler. The time between treatments depends on the reason for dissolving.

REFILLING

Wait at least 2 weeks after dissolving before having new dermal filler placed in the same area.

FILLER DISSOLVING/REVERSAL

Treatments to consider

After dissolving dermal fillers, you have a few options available. If you would like to re-treat the same area, you need to wait at least 2 weeks.

Another option is to improve and preserve the quality of your skin and soft tissue. This is a powerful approach to anti-ageing that achieves very natural, long-term results without changing your facial features.

Speak to us now about our collagen stimulation treatments, or if you're considering more dermal filler treatments.

[Ask a question](#)



AFTERCARE GUIDE

Rejuran

Rejuran is also known as Salmon DNA injections, and contains polynucleotides. It is designed to improve tissue quality by stimulating cellular renewal.

REJURAN

Specific aftercare

Please follow all general instructions, as well as those detailed below.

COLD SORES

We may advise cold sore tablets if you've had flares in the treated areas.

LUMPS

Expect numerous small lumps in the treated areas for 12-24 hours.



REJURAN

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

The best results are seen 12 weeks after completing your treatment course.

NUMBER OF TREATMENTS

Depending on your skin, we may recommend a course of 1-3 treatments at 4-week intervals.

MAINTENANCE

Maintain your result with repeat treatments every 12-24 months.

REJURAN

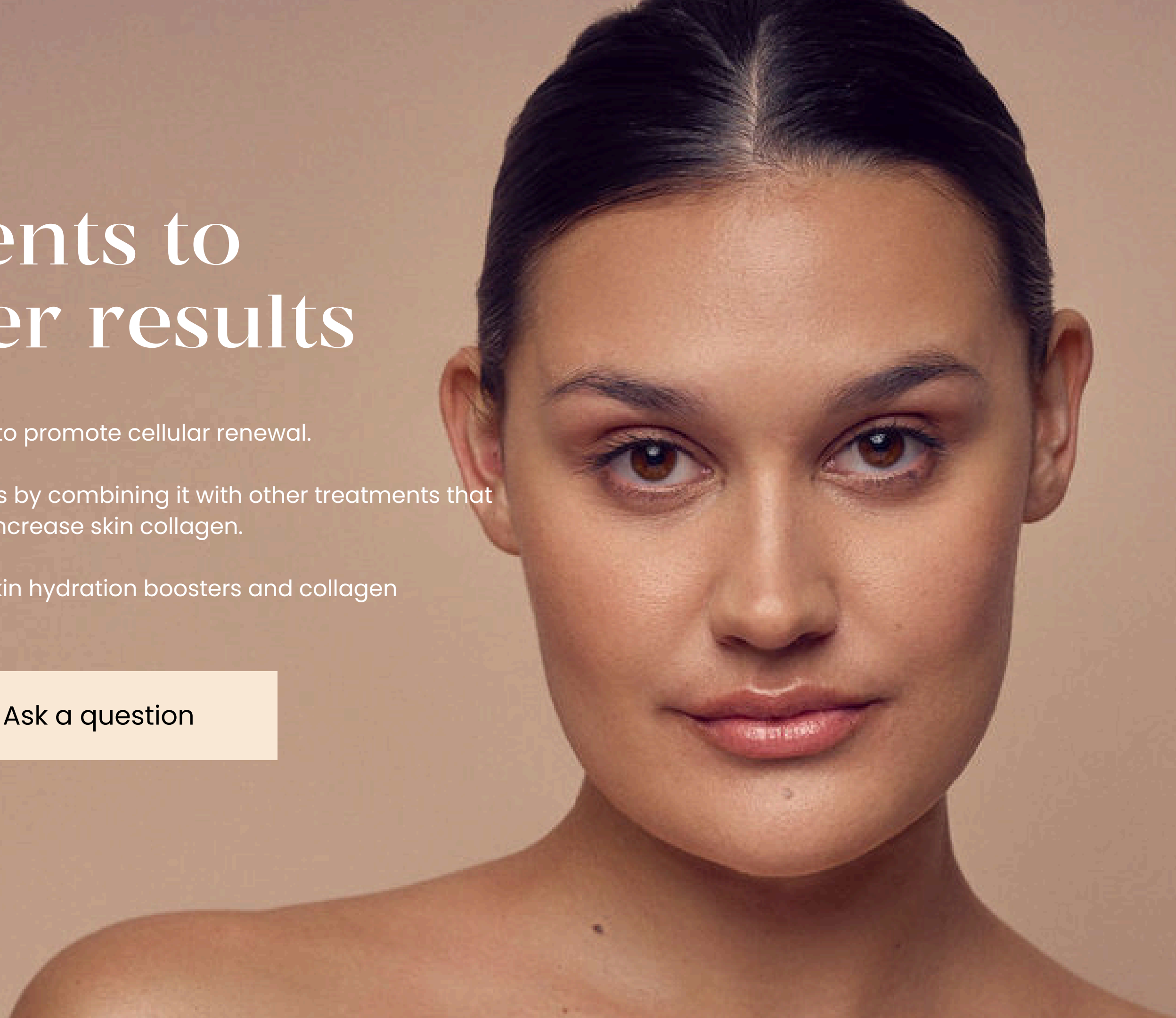
Treatments to get better results

Rejuran is a powerful choice to promote cellular renewal.

We can achieve better results by combining it with other treatments that improve skin hydration and increase skin collagen.

Speak to us now about our skin hydration boosters and collagen stimulating treatments.

[Ask a question](#)



AFTERCARE GUIDE

Skin hydration boosters & bioremodelling

Skin hydration boosters & bioremodellers contain hyaluronic acid, which improves skin hydration, suppleness, and assists with collagen production.

SKIN HYDRATION BOOSTERS & BIOREMODELLING

Specific aftercare

Please follow all general instructions, as well as those detailed below.

COLD SORES

We may advise cold sore tablets if you've had flares in the treated areas.

LUMPS

Certain treatments may cause small lumps in the treated areas for 12-24 hours.



SKIN HYDRATION BOOSTERS & BIOREMODELLING

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

The best results are seen 12 weeks after completing your treatment course.

NUMBER OF TREATMENTS

Depending on your skin, we may recommend a course of 1-3 treatments at 4-week intervals.

MAINTENANCE

Maintain your result with repeat treatments every 12-24 months.

SKIN HYDRATION BOOSTERS & BIOREMODELLING

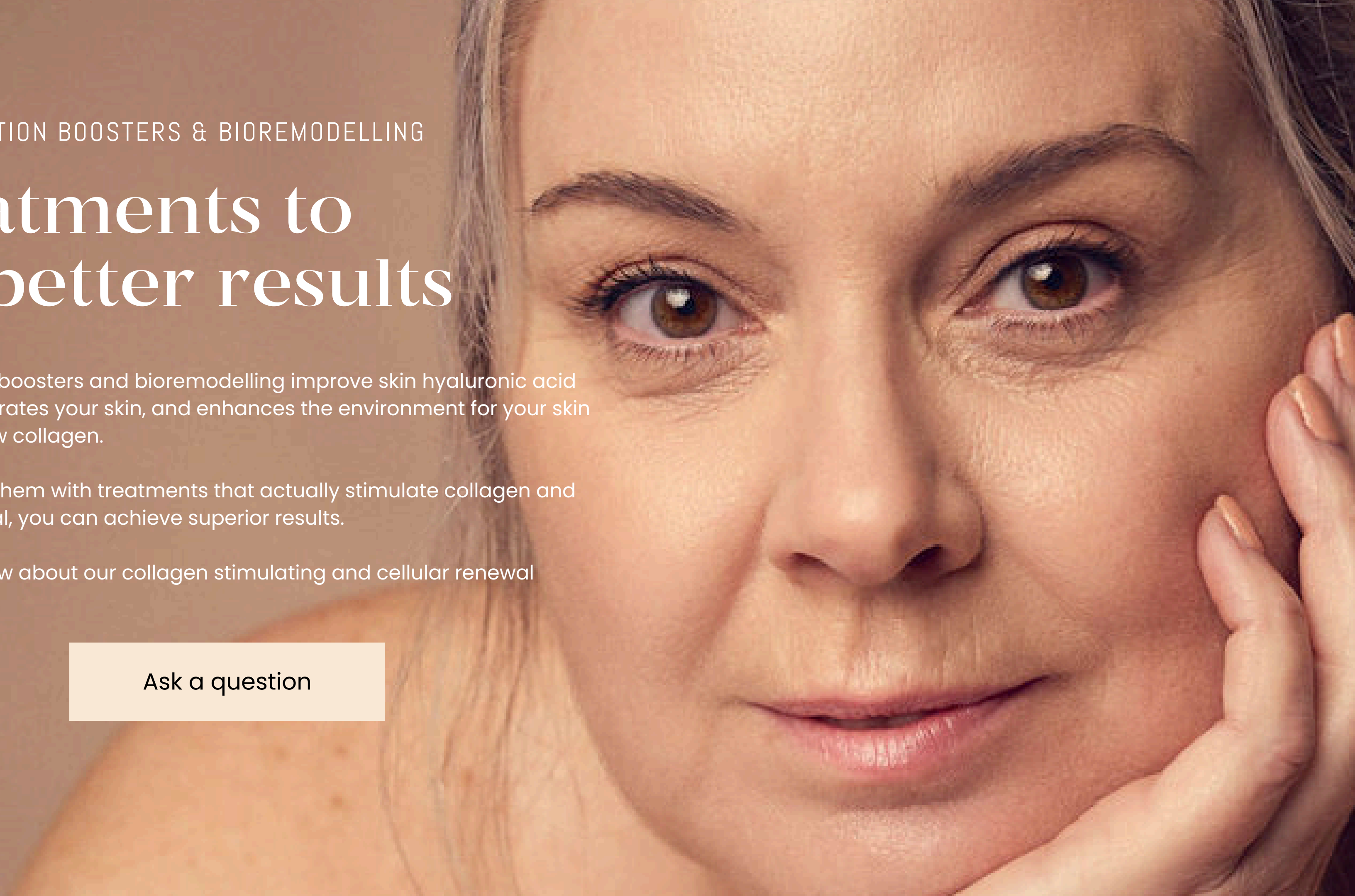
Treatments to get better results

Skin hydration boosters and bioremodelling improve skin hyaluronic acid levels. This hydrates your skin, and enhances the environment for your skin to produce new collagen.

By combining them with treatments that actually stimulate collagen and cellular renewal, you can achieve superior results.

Speak to us now about our collagen stimulating and cellular renewal treatments.

[Ask a question](#)



AFTERCARE GUIDE

Threads & thread lifting

Threads include PDO mono threads (short), and lifting threads (long).

Short threads improve skin quality, while long threads support sagging skin and stimulate collagen production.

THREADS & THREAD LIFTING

Specific aftercare

Please follow all general instructions, as well as those detailed below.

DON'T APPLY PRESSURE

Do not apply pressure to the treated areas for 14 days.

FACIAL MOVEMENTS

Minimise excessive facial movements for 14 days.

FLYING

Avoid short domestic flights for 1 week, and longer flights for 2 weeks.

DENTAL WORK

Avoid invasive dental work for 2 weeks unless urgent (antibiotics may be needed).

SPORTS

Avoid sports for 14 days.

DIMPLES & PUCKERING

Skin dimpling and puckering will settle over 14 days.



THREADS & THREAD LIFTING

Results

Understand what to expect from your treatment, and what the next steps are.

TIME TO RESULT

You'll see an over-corrected result immediately after thread lifting, but this will settle over 14 days. All threads stimulate collagen, which is produced over 12 weeks.

LONGEVITY

Threads break down over 6-18 months. New collagen will last many years.

MAINTENANCE

You can repeat thread lifting every 12-24 months as required.

THREADS & THREAD LIFTING

Treatments to get better results

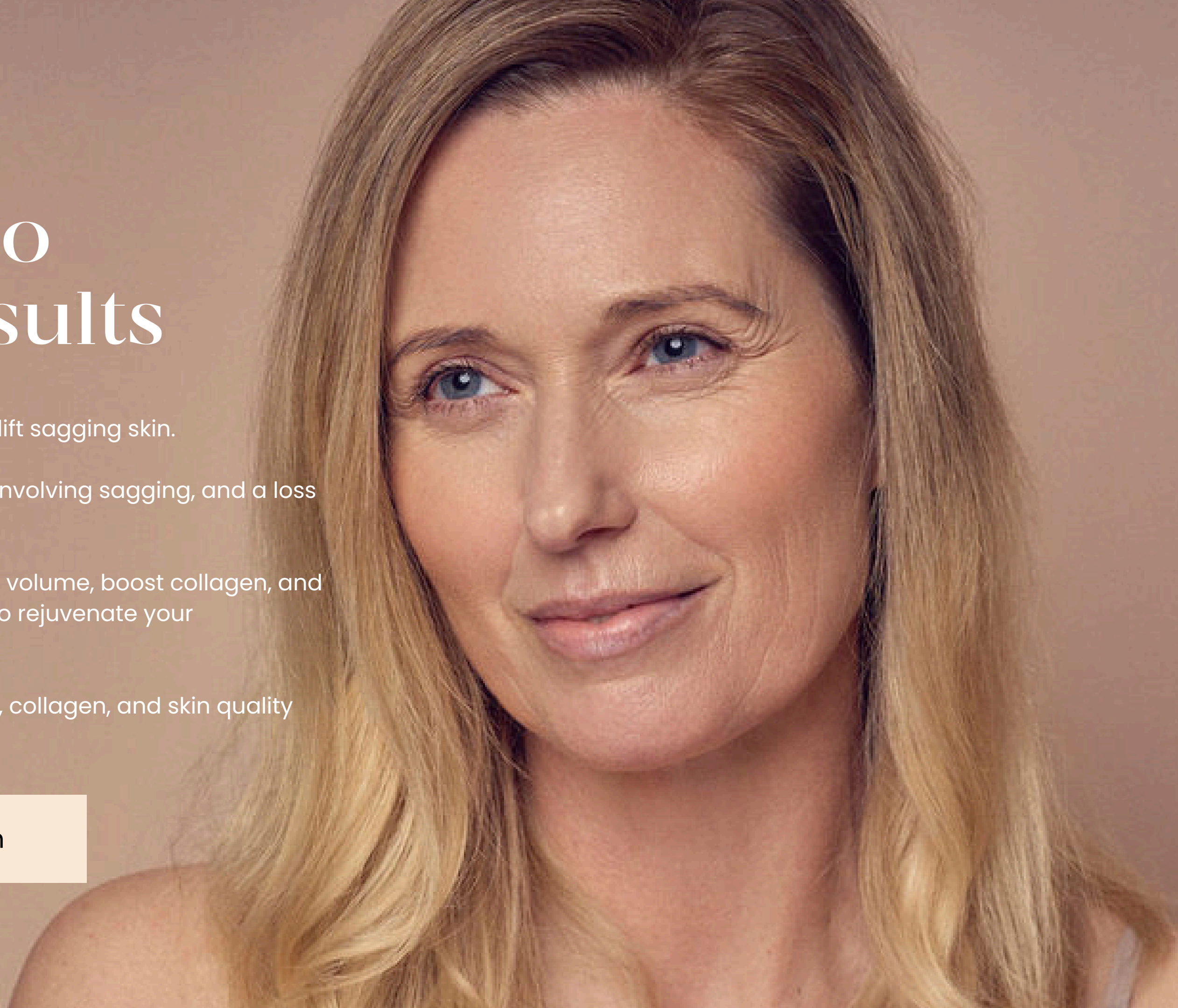
Threads are a convenient way to thicken and lift sagging skin.

However, facial ageing is a complex process, involving sagging, and a loss of volume and collagen.

Combining threads with treatments to restore volume, boost collagen, and improve skin quality is a highly effective way to rejuvenate your appearance with natural, long-lasting results.

Speak to us now about treatments for volume, collagen, and skin quality that can optimise your thread lifting result.

[Ask a question](#)



AFTERCARE GUIDE

Urgent concerns

A summary of urgent concerns, and what
to do if you have them.

URGENT CONCERNS

What to do

If required, provide our contact details to any external healthcare provider so we can assist.

SKIN DISCOLOURATION & RASHES

If your skin looks pale, dark red, blotchy, or mottled, or you develop clusters of blisters, pimples or pustules around the treated areas, contact us immediately.

SEVERE ALLERGIES

If you develop facial or airway swelling, abdominal pain (with or without nausea or vomiting), difficulty speaking, swallowing or breathing, generalised rashes, or other signs of a severe allergy, call an ambulance and advise them you may be having a severe allergy.

SEVERE PAIN, REDNESS, SWELLING

If you notice severe or worsening pain, redness and swelling, contact us immediately. If you develop fevers, seek immediate medical attention.

VISION IMPAIRMENT/LOSS

If you notice visual loss or impairment, or eye pain after dermal fillers or collagen stimulating injections, call an ambulance, and advise them you may be having an ocular/general embolic stroke. Ensure we are also informed as soon as possible.



AFTERCARE GUIDE

Non-urgent concerns

A summary of non-urgent concerns, and
what to do if you have them.

NON-URGENT CONCERNS

What to do

RESULTS

It's important to allow sufficient time for your treatment to heal before assessing the result. If once settled you are worried about your result, contact us for a follow-up appointment.

OTHER CONCERNS

If you have any other concerns about your treatment, please contact us for assistance.



AFTERCARE GUIDE

How to contact us

Instructions on how to best get in touch with us.

VIA OUR WEBSITE

Use our [website contact form](#) to reach us. If relevant, please attach photos to your submission so we can better assist you.

REPLY TO AN EMAIL

You can reply to any email you've received from us, and attach photos to help us assist with your questions or concerns.

CALL US

You can call us during clinic opening hours on 1300 322 346. If we cannot answer your call, please leave a voice mail with your name, number, and reason for your call.





COSMETIC
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What's next?

Ask a question

Book next appointment