

Aftercare & Support

IF YOU ARE WORRIED, CALL US

+44 (0) 7917 785 695

Seven days a week · telephone or WhatsApp
You will never be charged for aftercare advice.

This is normal

- Small red marks or pinpoint bruising where you were injected
- Swelling for two to three days — lips look fuller than the final result
- Tenderness, or a slightly firm feel to filler, easing over one to two weeks
- Mild headache after botulinum toxin, usually for a day
- Slight unevenness in the first fortnight, before things settle

The first 24 hours

- Stay upright for four hours and sleep on your back tonight
- No makeup for 12 hours; no exercise or alcohol for 24 hours
- No saunas, steam rooms, sunbeds, facials or massage for two weeks

Call us straight away if

- **Pain is severe, or getting worse** rather than better
- **Skin turns white, grey, blue or blotchy**, or looks mottled
- **Your vision changes** — blurring, loss, double vision or eye pain
- **Redness spreads, the area feels hot, or you have a temperature**
- **Your lips, tongue or throat swell, or you feel faint**

At any hour. Calling early is never a nuisance — if you cannot reach us and it is serious, call 999, or 111 for advice.

