

DERMAL FILLER *Aftercare Guide*

YOU'VE INVESTED
IN YOURSELF.
LET'S PROTECT
YOUR RESULTS.
LOVE YOUR
CONFIDENCE.

BEAUTIFUL RESULTS. WELL CARED FOR.

Following the right aftercare will help you heal comfortably,
reduce side effects and get the best, longest-lasting
results from your treatment.

WHAT TO EXPECT



Mild swelling, redness, bruising or tenderness is normal and usually resolves within a few days.



Results are visible immediately and will continue to settle over the next 1–2 weeks.



Some areas may feel firm or lumpy at first. This is normal and will soften as the filler settles.



Avoiding certain activities helps prevent swelling, bruising and movement of the filler.



Everyone heals differently. If you have concerns, we're always here to help.

YOUR AFTERCARE INSTRUCTIONS



HANDS OFF

Avoid touching, pressing or massaging the treated area for at least 24–48 hours.



SKIP THE SWEAT

Avoid intense exercise, saunas, steam rooms and anything that increases blood flow for 24–48 hours.



AVOID ALCOHOL

Avoid alcohol for 24 hours. It can increase swelling and bruising.



SLEEP SMART

Sleep on your back with your head elevated for the first night to help reduce swelling.



PROTECT YOUR SKIN

Avoid excessive sun, tanning beds and heat exposure for at least 48 hours.



MAKEUP & SKINCARE

Avoid makeup for 24 hours. Resume gentle skincare after 24 hours and avoid active ingredients for 48 hours.

HELPFUL TIPS

- ♥ Arnica (if suitable for you) may help reduce bruising.
- ♥ Stay hydrated and eat well.
- ♥ Be patient – final results are worth it!
- ♥ Follow any personalised advice given for your treatment.

WHEN TO CONTACT US

Please reach out if you experience:

- ♥ Severe or increasing pain
- ♥ Signs of infection (redness, warmth, pus or fever)
- ♥ Discolouration (white, purple or livedo)
- ♥ Any concerns – we're here for you!



We're just a call away.

TREATMENT TIMELINE



0–24 HOURS

Swelling, redness or bruising may be present. Be gentle and follow aftercare.



1–7 DAYS

Most swelling and bruising subsides. Filler begins to settle.



1–2 WEEKS

Final results become more refined and natural.



LONG LASTING

Enjoy your results! With proper care, results can last months to years depending on the product and area.

*Beautiful results take time.
Good aftercare makes them last.*

IMPORTANT TO REMEMBER



Follow aftercare for the best and longest-lasting results.



Your body is healing – be patient and gentle.



Most side effects are temporary and resolve within days.



Maintain a healthy lifestyle and great skincare to support your results.



Consistent treatments & maintenance help you look and feel your best.

CONFIDENCE IS YOUR BEST FEATURE.

Thank you for trusting The Lux Nurse Injector

BEAUTY • CONFIDENCE • YOU

You deserve to feel amazing in your own skin.

BEAUTIFUL RESULTS. NATURALLY YOU.