

Aftercare Leaflet

Patient Name	:	Alston Rebello				Emirates ID	:	784-1991-2906159-3
File No	:	17	DOB	:	1996-06-20	Nationality	:	Indian
Gender	:	Male	Doctor's Name	:	Alan Alfred	Date	:	2025-02-21

DERMAL FILLERS

Aftercare Advice

Most people are able to continue with normal activities with immediate improvement in their appearance. Some will have some redness, pin prick marks, possibly swelling particularly in the lips. Possibly bruising. Any swelling and bruising may be more apparent the next day.

Make-up should not be worn for 12 hours

You are advised to avoid alcohol, vigorous exercise, sun bathing, and extremes of heat or cold for 14 days post treatment. These activities have been found to increase and prolong swelling.

Swelling may worsen in the first 24 hours, and then should settle within the first few days. Cold packs can be helpful in reducing swelling. As a consequence of swelling, the product may feel harder or lumpy and you may notice some asymmetry. The final result may be judged at 2 weeks.

Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment. Tenderness should settle as swelling goes down.

Please contact your Doctor at **VISION MEDICAL & DENTAL CENTER (Abu Dhabi)** if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.

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BOTOX

Aftercare Advice

You will be advised to keep the target muscles active for a few hours and to avoid extremes of heat or cold, vigorous exercise, lying down or leaning over for 4-6 hours.

After treatment it is expected that you will start to see an improvement within 2 or 3 days. For some people this takes longer. The full result may be judged at 2-3 weeks. You will be invited to attend a review appointment at 2-3 weeks where the success of the treatment may be assessed and adjustments to your personal treatment plan made, if necessary.

If you experience any unexpected side effects or any that concern you, please contact your Doctor at **VISION MEDICAL & DENTAL CENTER (Abu Dhabi)**

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Sign here, only if all of your questions have been answered to your satisfaction	
PATIENT	DOCTOR
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Alston Rebello Date 2025-02-21	Alan Alfred - Dental (15245565544445) 2025-02-21