

Please read the following aftercare instructions carefully and follow them closely to ensure the best possible outcome from your **Bio Filler Treatment**.

**Avoid Touching the Treated Area:** Refrain from touching, rubbing, or applying pressure to the treated area for at least 24 hours after the treatment.

**Cold Compress:** Apply a cold compress to the treated area for 10-15 minutes every hour for the first 4-6 hours to help reduce swelling and discomfort.

**Hygiene:** Keep the treated area clean and dry. Avoid using makeup or heavy skincare products on the treated area for at least 24 hours following the treatment.

**Showering:** You may shower, but avoid using hot water or steam on the treated area for at least 24 hours.

**Heat Exposure:** Avoid exposure to direct sunlight, tanning beds, saunas, and hot tubs for at least 48 hours after the treatment. Use sunscreen with SPF 30 or higher when going outdoors.

**Strenuous Activities:** Refrain from engaging in strenuous physical activities, such as intense workouts, sports, or heavy lifting, for at least 48 hours following the treatment.

**Sleeping Position:** Try to sleep with your head elevated for the first night after treatment to help minimise swelling.

**Alcohol and Smoking:** Avoid consuming alcohol and smoking for at least 48 hours after the treatment, as these may impair the healing process and contribute to increased swelling or bruising.

**Monitor for Side Effects:** Some people may experience minor side effects, such as redness, swelling, or tenderness at the injection site. These should subside within a few days. If you experience severe pain, infection, or any other concerning symptoms, contact your healthcare provider immediately.

**Follow-up:** Schedule a follow-up appointment with your healthcare provider to assess the results of the treatment and discuss any additional treatments or maintenance needed.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.