

# ESHO.

## Pre-treatment and after care advice for your appointment

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Treatment name: Volume to the Midface.

Product used: Juverderm Voluma.

Treatment aim: To add volume where volume has been lost in and contour the face.

Numbing: Topical cream.

### **Pre-treatment advice:**

#### **What can I do to ease the swelling and bruising before I have my treatment appointment?**

Dr Esho recommends taking Arnica tablets one week before and one week after treatment. Two tablets three times a day. These are available from most pharmacies.

#### **Can I drink alcohol before my treatment appointment?**

At the ESHO Clinic we recommend that no alcohol is consumed 24 hours before and after treatment.

#### **Can I wear make-up to my treatment appointment?**

At the ESHO Clinic we do prefer patients to come to their appointment with minimal make-up to the areas that are going to be treated

#### **What medical history is required?**

Any previous medical and cosmetic / aesthetic procedure history.

Current regular medications.

Any allergies.

If you suffer from cold-sores.

#### **Can I have treatment if I suffer from cold-sores?**

At the ESHO Clinic we advise cold-sore sufferers to take Acyclovir tablets seven days before their treatment appointment to prevent an outbreak.

If you have a cold-sore we CANNOT treat you, please contact the customer service team.

#### **If I need pain relief before my treatment what can I take?**

For 24 hours before your treatment appointment it is advised that you avoid anti-inflammatory pain killers like Ibuprofen and Aspirin. Paracetamol is fine to take and the only pain relief we advise you to take 24 hours before and after treatment

#### **How soon after treatment can I travel or fly?**

There are no restrictions on flying but we do ask all patients to try and stay in the country for at least 72 hours, preferably two weeks after the treatment appointment. We do advise you to avoid extreme heat for two weeks after the treatment.

#### **How soon after dental procedures can I have treatment?**

We recommend that you do not have treatment 4-6 weeks before or after any dental treatment. If you are undergoing any dental work please make the doctor aware of this at consultation or treatment appointment.

## **Post-treatment advice:**

Avoid touching the treated area.

Icing the area, with a clean cold compress every hour on the hour for the rest of the day after your treatment. We do have icepacks available in clinic these are £5 or you can use something from your freezer or ice. This will really help any bruising and reduce the swelling.

No alcohol for 24 hours after your treatment appointment.

Please don't apply make-up or products to the area for 24 hours.

No exercise for 48 hours after your treatment appointment.

Do not smoke for at least 24 hours.

Avoid extreme heat like saunas, steam rooms and sunbeds for two weeks.

### **After my treatment what is normal?**

Swelling and bruising are both normal and expected after treatment as discussed in your consultation and in clinic at your treatment appointment. Most swelling settles within 24 hours if you are following all of the above aftercare. You can take antihistamine to help reduce the swelling quicker.

### **What changes to my lifestyle should I make to get the most out of my fillers?**

Stop smoking (if applicable).

Apply a good SPF 30+ everyday especially while in a hot sunny climate to face.

Avoid the use of sunbeds. (if applicable)

### **What can I do to help maintain and enhance my treatment results?**

Keep hydrated – at least 1.5-2 litres of water a day

Avoid extreme heat – saunas, steam rooms and sunbeds

### **Contact us if you experience any of the below:**

If you are concerned about any swelling, pain, redness. Please email [patientcare@eshoclinic.co.uk](mailto:patientcare@eshoclinic.co.uk) with photos to be assessed by one of our doctors.

If you have a fever, temperature, flu like symptoms, vomiting or any signs of possible treatment infection please phone our emergency phone line and one of our doctors will urgently assess you.

If you have any signs of allergy, itch, rash, wheeze, shortness of breath – contact 999 as you will need urgent medical treatment – this is very rare and most likely to occur while you are still in clinic.

If you do have any concerns please contact [bookings@eshoclinic.co.uk](mailto:bookings@eshoclinic.co.uk) or [patientcare@eshoclinic.co.uk](mailto:patientcare@eshoclinic.co.uk) detailing your concerns and we will be more than happy to help you.

**Review policy:**

Every patient is entitled to a review appointment 14-21 days after treatment. This is free of charge and an opportunity to ensure that you are satisfied with the treatment you have received. Existing patients will not be offered a review upon booking unless their treatment type differs from that in their patient history or is specifically requested by the patient. It is mandatory for patients who have a review appointment booked and do not wish to attend, to provide us with 7 days notice if they wish to cancel the appointment. Failure to do so will result in a £50 charge to cover the time allocated in clinic for the review appointment. If you have not booked your review and wish to have one, please contact [bookings@eshoclinic.co.uk](mailto:bookings@eshoclinic.co.uk) and the team will be able to arrange one for you.

***We look forward to seeing you at your appointment!***