

Cheek and facial contouring

- Patient information -

Before the procedure

- Stop taking aspirin, ibuprofen or any drugs that can increase bruising at least a week before the procedure, so long as it is medically safe to do so – ask your doctor if you aren't sure
- Take two paracetamol tablets a few hours before the procedure, providing it is medically safe for you to do so – again, ask your doctor if you have any doubts
- Don't drink alcohol on the day of the procedure, both before and after treatment – it can also exacerbate bruising

After the treatment

- If you bruise easily, you may want to use a cold compress or ice pack after the treatment
- Bruising may come out a day or so after the treatment but should fade within a week.
- After the treatment, you may experience some swelling, tenderness and redness as a result of the injection for a few days – this is normal
- Because of the possibility of swelling, Mr Malhotra will avoid overfilling the area on your initial visit – some patients may need a top-up a few weeks later to get the best result
- Some patients experience some lumpiness, which can be evened out by massaging gently with your thumb
- Do not massage or rub the treated area for 48 hours after treatment
- Avoid exposing treated area to intense heat (in a solarium or sunbathing, for example) or extreme cold