

Upper eyelid 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.
- You will develop some bruising and swelling – this is quite normal and usually disappears within five days.
- Use concealer and/or sunglasses if you want to hide the bruising.
- If you are embarrassed by the bruising, use concealer or sunglasses.
- A small number of patients may need more HA filler injected some weeks later to get the effect they want.
- Do not exercise or drink alcohol for 24 hours after the procedure.
- Avoid bending down for six hours after the procedure.
- Do not put direct pressure on your eyelids for 72 hours after the procedure, to allow the HA gel to stabilise.
- The effects of HA gel last for between four and 12 months, which means that the procedure must be repeated if you do not want the sunken-eyed look to return.