



Lumina Facial Aesthetics

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Dermal Fillers Post-Operative Advice

- Avoid lying down for one hour
- No constrictive head wear, (tight hats, hairbands etc.)
- No working out that day
- Do not massage the area after being injected
- No facials for one week
- No leaning on the area
- Avoid aspirin and any medications which may increase risk of bruising
- Gently remove make up that evening
- Sterile make-up may be applied the following day
- Moving the muscles is fine – no evidence to suggest any excessive movement makes any difference to outcome