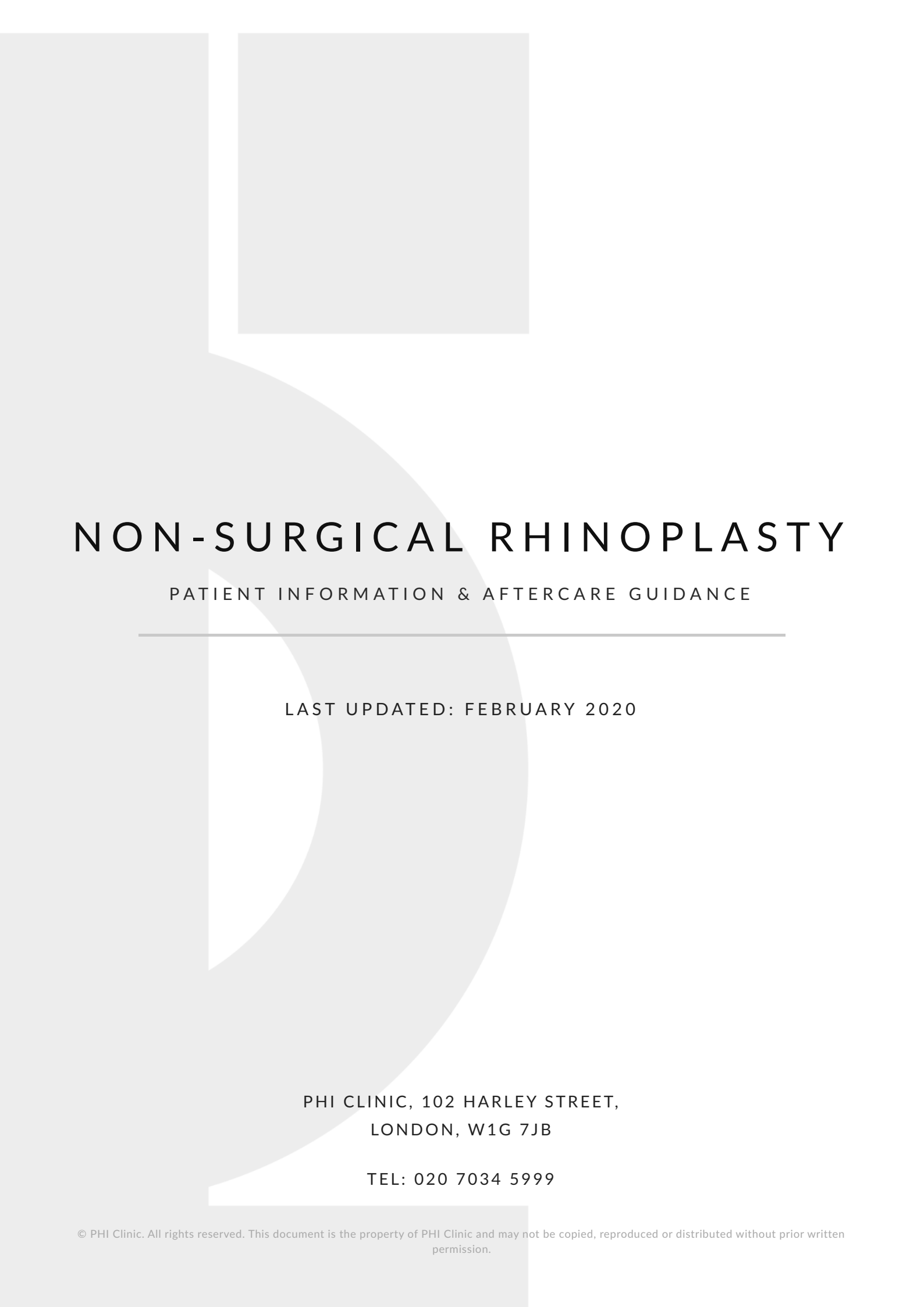




NON-SURGICAL RHINOPLASTY

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: FEBRUARY 2020

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TEL: 020 7034 5999

NON-SURGICAL RHINOPLASTY AFTERCARE

Non-surgical Rhinoplasty using Dermal Fillers — Post-treatment advice leaflet

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- You have had Juvederm hyaluronic fillers injected into your nose using needle and/or cannula
- It is normal to experience some redness, tenderness, swelling and bruising
- We ask that non-surgical rhinoplasty appointments are completed in the morning. This allows you to come back into the clinic during the day if there are any queries you may have
- Immediately post procedure we will ask you to wait for 30-60 minutes at the clinic. After this time you will be taken back to your practitioner, where they can assess the nose for capillary refill and any possible side effects. Many common suspect symptoms will be visible by this time
- Over the course of the day, **please take a photo of the treated area every 2 hours and send to your treating practitioner.** This will need to be done four times, over the next 8 hours
- **Please report any blanching (whiteness), severe tenderness, significant bruising or any other concerns immediately**
- The following day you may receive a phone call from your treating practitioner or one of the nurses. Please report any of the above side effects and express any other concerns

DO'S AND DONT'S:

- Please refrain from drinking excessive amounts of alcohol for 24 hours
- Do not take any blood thinning medications; Aspirin, Ibuprofen, Fish Oils etc. If you need to take medication for any pain or a headache, Paracetamol is preferred. Please let your practitioner know about any allergies you may have so they can assist you with appropriate medication advice
- Avoid makeup to the treated area for the rest of the day
- Avoid heavy exercise for 48 hours and avoid any contact or ball sports for two weeks
- Avoid wearing sunglasses or spectacles. Discuss with your treating practitioner if you wear spectacles daily

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will not have been administered any medication pre or during this treatment however there is a small amount of lidocaine in the Juvederm product to help with discomfort during treatment.

WHAT SHOULD I DO IF I HAVE FURTHER QUESTIONS OR CONCERNS?

If you still have questions please do not hesitate to contact the clinic where we will be able to advise you further. The number is **0207 034 5999** or **info@phiclinic.com**

IMPORTANT PRACTITIONER INFORMATION:

You can reach Dr Patel on **tp@phiclinic.com** or **07977 433103**. Please use these contact details only for the purpose of sending photos or as instructed above. For all other matters, please call the clinic directly.