

MEDICAL AESTHETICS

Before & After Your Treatment

Pre- & Post-Treatment Care

Eyes & Aesthetics | Doctor-led care with clinical precision and natural results

Please read the general core rules first, then refer to the section for your scheduled treatment. These instructions are designed to support safe preparation, smooth recovery and clear escalation if you notice any concerning symptoms.

1. General Pre- & Post-Treatment Core Rules

Medication & Health Disclosure — All Treatments

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- **Prescribed Blood Thinners:** If you take prescribed anticoagulants or antiplatelet medications (such as Warfarin, Clopidogrel, Apixaban, Rivaroxaban, Dabigatran, or daily low-dose Aspirin), **do not stop taking them** without explicit written instructions from your prescribing GP or doctor.
- **Over-the-Counter Medications & Supplements:** Stop taking over-the-counter blood-thinning medications (Aspirin, Ibuprofen, NSAIDs) and supplements (Vitamin A, Vitamin E, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil) for **7 days prior** to treatment to minimise bleeding and bruising. Paracetamol is safe to use if pain relief is required.
- **Cold Sore / Herpes History:** If you have a history of cold sores, mechanical trauma from needle injections can trigger a flare-up. Contact us in advance so a preventative antiviral course (e.g., Aciclovir) can be arranged.
- **Active Infections & Dental Work:** Your skin must be entirely free from active infections, open wounds, acne flare-ups, or rashes. Please reschedule if you develop a skin infection, systemic illness, or have planned dental work within 2 weeks of your treatment.
- **Alcohol & Caffeine:** Avoid alcohol and high caffeine intake for **24 to 48 hours prior** and **24 to 48 hours after** your appointment to limit swelling and vascular flushing.

2. Quick-Reference Do's and Don'ts Summary

Treatment	DO'S	DON'TS
Anti-Wrinkle & Hyperhidrosis	• Clean, makeup-free skin • Head upright 4 hrs after • Shave underarms 2–3 days prior • Wear loose, dark clothing	• Do not rub/press 24 hrs • Do not lie flat 4 hrs • No deodorant 24 hrs • No exercise/sauna 48 hrs
Dermal Fillers	• Arrive with clean skin • Mineral makeup only if needed after 6 hrs • Continue supplement restrictions 1 week after	• Do not touch/press 6 hrs • No active skincare 2 days • No peels, lasers or facials 2 weeks
Filler Dissolving	• Complete patch test • Stay in clinic 60 mins after • Wait 2–4 weeks before new filler	• Do not stop prescribed blood thinners • Do not touch/massage 6 hrs • Declare bee/wasp allergy • No international flying 72 hrs
Skin Boosters & Polynucleotides	• Disclose fish/salmon/marine allergies • Allow bumps to absorb naturally 24–72 hrs	• Do not touch/rub 6 hrs • No makeup 6 hrs • No retinoids/acids 2 days
Microneedling, PRP & Exosomes	• Hydrate before PRP • Pause acids/retinol 3–5 days • Use SPF 30+ from 24 hrs after	• Do not wash skin/scalp 8–12 hrs • No makeup/styling products 48 hrs • Avoid if seafood/marine allergy applies

3. Specific Treatment Instructions

A. Anti-Wrinkle & Hyperhidrosis Injections

- **Before Your Appointment:** Arrive with a clean face free of makeup or creams. If having underarm hyperhidrosis treatment, shave your underarms 2 to 3 days beforehand (avoid shaving within 24 hours), refrain from applying deodorant on the day, and wear a dark, loose shirt.
- **After Your Appointment:** Keep your head upright and avoid bending forward or lying completely flat for 4 hours. Do not touch, rub, or massage the treated areas for 24 hours to prevent product displacement. Avoid makeup for 4 to 24 hours. For underarms, avoid deodorant and friction for 24 hours. Avoid strenuous exercise, saunas, and steam rooms for 48 hours.
- **What to Expect:** Tiny bumps or minor redness fade within an hour. Results begin to appear within a week, settling fully at 4 weeks. Wait at least 3 months between treatments. Schedule your clinical review between weeks 2 and 3.

B. Dermal Fillers

- **Before Your Appointment:** Arrive with clean skin. Ensure no dental work is scheduled within 2 weeks before or after your filler treatment.
- **After Your Appointment:** Do not touch, press, or manipulate the area for at least 6 hours to let the entry points close cleanly. Avoid makeup for at least 6 hours (preferably until the next day). Pause active skincare (retinoids, resurfacing acids) for 2 days, and avoid saunas, gym workouts, or other facial treatments for 2 weeks.

- **What to Expect:** Swelling, mild tenderness, and localized bruising are normal and settle over 14 days as the filler integrates into the tissue.

C. Dermal Filler Dissolving — Hyaluronidase

- **Special Prescribed Blood-Thinner Directive:** Under no circumstances should you stop taking prescribed cardiovascular blood thinners without written authorization from your GP. Dissolving treatment causes heightened swelling and deeper bruising (haematomas) that may take 10 to 14 days to resolve; firm pressure will be applied in-clinic to manage this.
- **Before Your Appointment:** A mandatory 20-minute skin patch test on your arm is required prior to treatment. Inform us if you have severe allergies to bee or wasp stings.
- **After Your Appointment:** You must remain under observation in the clinic waiting area for 60 minutes after injection to monitor for delayed reactions. Do not touch or massage the area for 6 hours. Avoid makeup for 24 hours. Refrain from strenuous exercise for 48 hours and international travel for 72 hours.
- **What to Expect:** Significant immediate swelling occurs. The treated area may look temporarily deflated or loose as natural hyaluronic acid is broken down alongside synthetic filler. Baseline tissue volume normalizes over 14 to 21 days. You must wait 2 to 4 weeks before re-injecting new dermal filler into the area.

D. Skin Boosters & Polynucleotides

- **Before Your Appointment:** Arrive with clean skin. Polynucleotides are derived from salmon DNA; you must disclose any fish, salmon, or marine allergies before treatment.
- **After Your Appointment:** Keep your hands off the injected skin for 6 hours. Avoid makeup for 6 to 24 hours. Refrain from intense heat, heavy exercise, and active retinoid skincare for 48 hours. Postpone other facial therapies for 2 weeks.
- **What to Expect:** Multiple small, visible bumps (papules) under the skin are entirely normal micro-droplet clusters that self-resolve within 24 to 72 hours as the fluid absorbs into the tissue.

E. Skin Rejuvenation — Microneedling, PRP & Exosomes

- **Before Your Appointment:** Stop using retinol, facial scrubs, and active anti-ageing acids (glycolic, salicylic, lactic) 3 to 5 days prior to treatment. Avoid direct sun exposure for a week. For PRP treatments, drink 1.5 to 2 litres of water in the 24 hours prior to your visit, eat a light non-fatty meal, and strictly avoid anti-inflammatory painkillers (Ibuprofen) for 7 days. Disclose any seafood/marine allergies if receiving Exosome therapy.
- **After Your Appointment:** Do not wash the treated skin or scalp for 8 to 12 hours. Do not touch or massage the area for 24 hours. Avoid makeup and hair styling

products for 48 hours. Avoid heavy workouts and sweating for 48 hours. Stay out of direct sunlight and saunas for 7 days, and apply SPF 30+ daily after the first 24 hours.

- **What to Expect:** Expect skin to look red and flushed (like a moderate sunburn) with tightness, mild tenderness, or pinpoint peeling for 24 to 48 hours. PRP blood draws are limited to 2 attempts per visit for your safety.

4. Critical Safety Warning & Emergency Directives

Clinical Red Flags — Contact Practitioner Immediately

Contact the clinic immediately if you observe any of the following procedure-specific signs:

- **Vascular Disruption (Fillers/Dissolving):** Pale, dusky, or stark white skin patches (blanched skin), or a purple, net-like, mottled bruise pattern accompanied by increasing, throbbing pain.
- **Eye Disturbances:** Any sudden eye pain, blurred vision, double vision, or visual loss.
- **Infection Flags:** Skin that becomes increasingly red, hot to the touch, swollen, leaking pus, or forming small blisters or whiteheads.
- **Nerve/Blood Draw Flags:** Shooting pain, continuous numbness, or weakness in your arm/hand following a PRP blood draw.

ACUTE MEDICAL EMERGENCY WARNING — ANAPHYLAXIS

If you experience sudden difficulty breathing, swelling of your lips, tongue, or throat, severe dizziness, feeling faint, or a sudden widespread skin rash, these are signs of a severe allergic reaction.

**THIS IS A LIFE-THREATENING MEDICAL EMERGENCY.
CALL 999 IMMEDIATELY FOR AN AMBULANCE.**

5. Emergency Clinic Contact Information

If you have any questions or experience any warning signs, do not wait to see if they improve. Contact us immediately via our dedicated clinical lines:

- **Clinic Telephone & Emergency Mobile:** +44 7915 638085
- **Clinical Email:** contact@drfilisayan.com
- **Non-Urgent Support:** For standard, non-urgent recovery questions, please message us directly via the **WhatsApp link on our website**.

DR FILIS AYAN

EYES & AESTHETICS

Dr Filis Ayan *MBBS,MD,PhD,FEBOphth*

EYES & AESTHETICS

Natural rejuvenation • Clinical precision • Personal care

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