

# Treatment Aftercare

This sheet is a digital reference for patients who have been treated at aekho. You will always receive verbal aftercare advice in person; you can also view this guidance online at [www.aekho.co.uk/aftercare](http://www.aekho.co.uk/aftercare).

## Urgent help after treatment

### Emergency: vision changes or severe eye pain

If you develop sudden changes in vision after filler—including blurred vision, partial or complete loss of sight—or sudden severe eye pain after treatment, call 999 or go to A&E immediately. Do not wait for a reply from aekho or for the clinic to open. Do not drive yourself. Tell the emergency team which treatment you had and when.

### Urgent concerns after filler

If you develop increasing pain, pale, dusky or blotchy skin, or blistering after filler, call aekho immediately on 07596 018063. If you cannot reach us promptly, attend A&E without delay and tell them you have had filler treatment.

## After anti-wrinkle injections

- Avoid rubbing or massaging the treated area for 24 hours.
- Stay upright for 4 hours after treatment — avoid lying flat.
- Avoid strenuous exercise, saunas, steam and alcohol for 24 hours.
- Results develop gradually over 3–14 days.
- Mild redness or small bumps at injection sites usually settle within hours.
- Do not apply make-up for 12 hours if possible.

## After lip filler

- Some swelling, tenderness or bruising is normal and settles within a few days.
- Apply a clean, wrapped ice pack for short periods during the first 24 hours.
- Avoid kissing, straws, smoking and touching the lips for 24–48 hours.
- Sleep with your head slightly elevated the first night.
- Avoid strenuous exercise, alcohol and very hot drinks for 24 hours.
- Do not have dental work or other facial treatments for 2 weeks without checking with us.

## General guidance

- Stay well hydrated and protect your skin from direct sun.
- Avoid aspirin, ibuprofen or other blood-thinning medications for 48 hours if medically safe — check with your GP if unsure.
- If you have an event, allow at least 2 weeks before and after treatment for any minor bruising or swelling to settle.

For any other unexpected symptom that worries you, call or WhatsApp 07596 018063, or email [info@aekho.co.uk](mailto:info@aekho.co.uk).

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