

## Restylane

The following advice is to assist in reducing swelling, bruising, redness and bleeding. This will also optimise your aesthetic outcome.

### Recommendations Following Treatment

- √ Apply cloth-wrapped ice to the treated areas to reduce swelling
- √ Arnica cream or tablets can help to minimise bruising
- √ Aloe Vera cream can help hasten healing
- √ Mineral make-up is free of chemicals and can be safely applied

### Avoid Following Treatment

- × Hot showers after treatment for a period of 48 hours
- × Hot drinks for those who have had treatment to their lips for a period of 48 hours
- × Vigorous exercise for a period of 48 hours
- × Direct sunlight while bruising is present
- × Wearing glasses that rest on the treated area for 5 days
- × Moisturisers and products containing ingredients such as alphahydroxy acid (AHA) or beauty hydroxyacid (BHA), retinoids or serums with a high vitamin C component for 2 weeks
- × Facials, facial waxing, skin peels, laser treatment and laser resurfacing for a minimum of 2 weeks

### Contact Numbers for Dr Belt

If you are experiencing prolonged redness, swelling or tenderness or other symptoms, please contact Dr Belt.

Dr Belt's Rooms: (07)3852 6800  
Dr Belt's Mobile: 0414 752 358