Abi Cole
AESTHETICS

BODY FILLERS



AFTERCARE GUIDE

Following the right aftercare ensures the best results, reduces swelling and helps your body filler settle smoothly.

Your safety and satisfaction are our priority. Follow these aftercare instructions and contact us if you have any concerns.

WHAT TO EXPECT

SWELLING & BRUISING
Mild to moderate swelling, bruising redness or tenderness is normal and usually subscribes within a few days.

SETTLING PERIOD
It can take 2–4 weeks for your body filler to settle and for you to see final results.

TEMPORARY SENSATIONS
You may experience tightness, lumps or unevenness which will improve as the filler sets.

INDIVIDUAL RESULTS
Results vary from person to person based on your body, lifestyle and the area treated.

AFTERCARE INSTRUCTIONS

AVOID PRESSURE
Avoid sitting or lying directly on the treated area for at least 48–72 hours.

AVOID INTENSE EXERCISE
Refrain from heavy workouts and strenuous activities for 48–72 hours.

AVOID ALCOHOL
Avoid alcohol for 24–48 hours as it can increase swelling and bruising.

AVOID HEAT EXPOSURE
Avoid saunas, steam rooms, hot baths and excessive sun exposure for 72 hours.

DO NOT MASSAGE
Do not massage or manipulate the treated area unless advised by your practitioner.

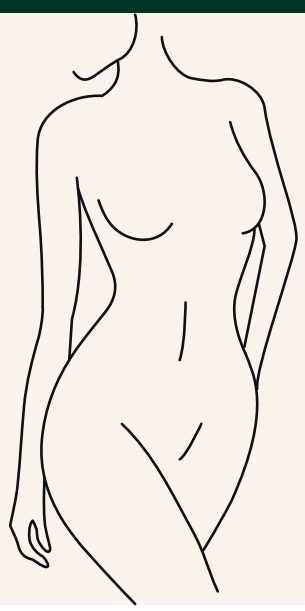
STAY HYDRATED
Drink plenty of water to support healing and help your body flush out toxins.

EAT WELL
Maintain a balanced diet rich in protein, vitamins and antioxidants to support recovery.

FOLLOW YOUR PLAN
Attend all recommended follow-up appointments to ensure optimal results.

TREATMENT AREA CARE TIPS

- Keep the area clean and avoid tight clothing.
- You may apply a cold compress gently if you experience swelling or tenderness.
- Sleep on your back or the opposite side to reduce pressure.
- Small lumps or unevenness are normal and will smooth out as the filler sets.
- Results may continue to improve for up to 4 weeks.



SIGNS TO CONTACT US

Contact us if you experience:

- Severe or increasing pain
- Excessive swelling or bruising
- Redness, warmth or discharge
- Hard lumps that don't improve
- Numbness or changes in skin colour
- Any other unusual or concerning symptoms

Your safety is our priority.
We're here to support you every step of the way.

IMPORTANT REMINDERS

- Give your body time to heal and the filler time to settle
- Be patient, follow your aftercare and trust the process
- Healthy habits = long lasting, beautiful results

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

WhatsApp / Phone: 0906 813 7590

Email: info@abicoleaesthetics.com

This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.