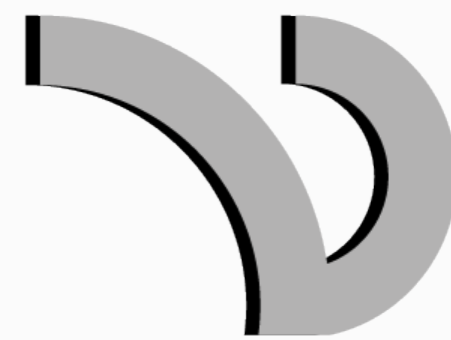


TREATMENT CARE RECOMMENDATIONS*



VARIOFILL
for Gluteal Augmentation

*The following recommendations are only general guidelines / suggestions. For each case, your practitioner may suggest additional care based on your medical appointment and medical history.



BEFORE

AVOID BLOOD THINNERS:

Up to 1 week before
Ginkgo Biloba / Vitamin E
supplements /
Pineapple (blood thinner) /
Flaxseed Oil / Omega 3 /
Ginseng / Turmeric /
Curcumin / Fish oils / St
John's wort / Garlic /
Multivitamin supplements
/ Apple.

DO EAT:

Arnica / Broccoli / Kale /
Spinach / Vitamin K rich
food.



JUST AFTER AND UP TO 2 HOURS

AVOID :

Spicy food / Ginkgo Biloba
/ Flaxseed Oil / Omega 3 /
Ginseng / Turmeric /
Curcumin / Fish oils / St
John's wort / Garlic /
Multivitamin supplements
/ Apple.



AFTER AND UP TO 2 WEEKS

AVOID :

For 24 hours: Spicy food
For 48 hours : Ginkgo
Biloba / Flaxseed Oil /
Omega 3 / Ginseng /
Turmeric / Curcumin / Fish
oils / St John's wort /
Garlic / Multivitamin
supplements / Apple.

DO EAT:

Arnica / Broccoli / Kale /
Spinach / Food rich in
Vitamin C and Vitamin K /
Eat fresh pineapple (Not in
can or pasteurized, frozen
or in juice/smoothies).





BEFORE

AVOID BLOOD THINNERS:

Up to 15 days before
Aspirin / Ibuprofen /
Naproxen / Excedrin /
Nonsteroidal anti-
inflammatory drugs.

(UNLESS IT IS MEDICALLY
NECESSARY, ALWAYS
CONSULT).

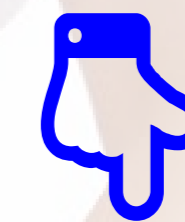


JUST AFTER AND UP TO 2 HOURS

AVOID BLOOD THINNERS:

Aspirin / Ibuprofen /
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Nonsteroidal anti-
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(UNLESS IT IS MEDICALLY
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AFTER AND UP TO 2 WEEKS

AVOID BLOOD THINNERS:

Aspirin / Ibuprofen /
Naproxen / Excedrin /
Nonsteroidal anti-
inflammatory drugs.

(UNLESS IT IS MEDICALLY
NECESSARY, ALWAYS
CONSULT).





BEFORE

AVOID:

48 – 24 hours before
Alcohol / Coffee / Smoking.

DO DRINK:

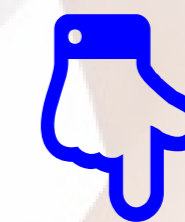
Water / Tea.



JUST AFTER AND UP TO 2 HOURS

AVOID:

24 hours Alcohol / Coffee /
Smoking.



AFTER AND UP TO 2 WEEKS

AVOID:

24 hours Alcohol / Coffee /
Smoking.

DO DRINK:

Water / Tea.





BEFORE

AVOID:

15 days before treatment
avoid lasers.



JUST AFTER AND UP TO 2 HOURS

AVOID:

Avoid any other HA
injection or any other
aesthetic treatment, even
if it is in another area.



AFTER AND UP TO 2 WEEKS

AVOID:

For next 15 days avoid
Peelings / Dermabrasions /
Lasers.





BEFORE

AVOID:

Combat sports.

Also avoid exercises that requires to put to much pressure or effort in the area at least 4 hours before injection.

CAN DO:

Relaxing / Cardio / soft muscle-strengthening.



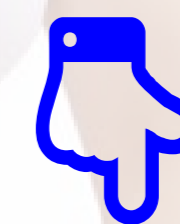
JUST AFTER AND UP TO 2 HOURS

AVOID:

Any physical activity.

CAN DO:

Walking / Meditation



AFTER AND UP TO 4 WEEKS

AVOID:

24 hours: Avoid Aerobic and workouts.

48 hours: Avoid inversion yoga positions and vigorous exercising.

2 weeks: Avoid combat and contact sports

4 weeks: cycling





JUST AFTER AND UP TO 2 HOURS

Use cold compresses to reduce swelling, bruises and to calm. But do not apply pressure.

Do not apply pure ice cube in direct contact with your skin. Cover the ice with tissue.

Apply for 5 to 10 minutes each hour.



AFTER AND UP TO 4 WEEKS

For next 24 – 48 hours apply cold compresses to reduce swelling, bruises and to calm. But do not apply pressure. Do not apply ice cubes in direct contact with skin. Cover the ice with tissue.

Apply for 5 to 10 minutes each hour.





BEFORE

AVOID:

Strong massages and stretching exercises in the area at least 4 hours before the treatment in the area.



JUST AFTER AND UP TO 2 HOURS

AVOID:

Touching the area.
Your treating doctor will perform a massage to guarantee a correct spread of the gel and will give you some instructions.



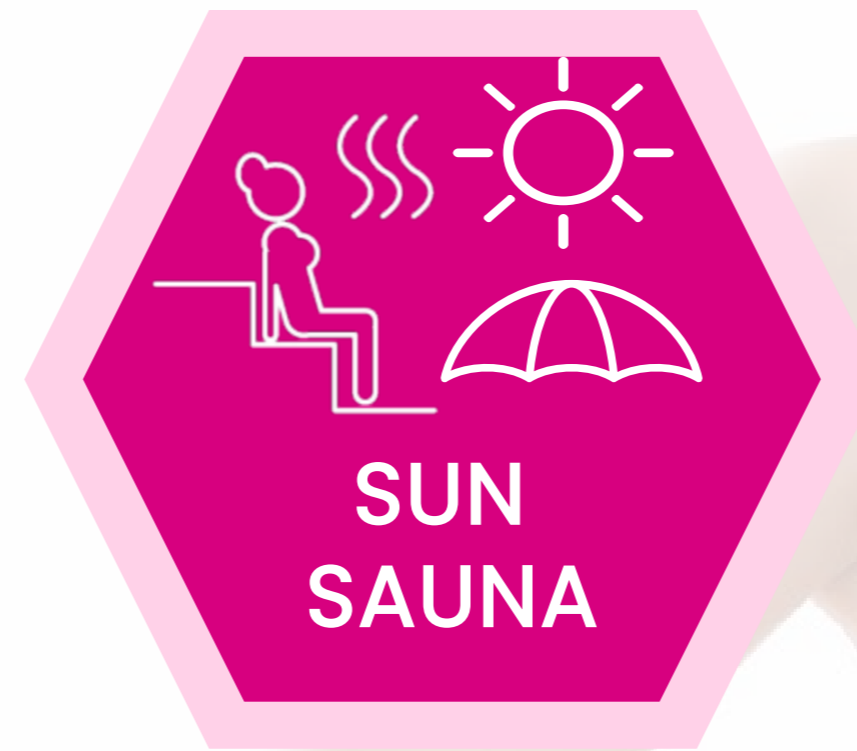
AFTER AND UP TO 4 WEEKS

AVOID:

For 1 week: Strong massages and stretchings in the area

CAN DO:

Apply gently any hydration cream always following your doctor recommendations



BEFORE

AVOID:

Strong massages and stretching exercises in the area at least 4 hours before the treatment in the area.



JUST AFTER AND UP TO 2 HOURS

AVOID:

Sauna, buttock sun tanning, UV beds, Steam baths



AFTER AND UP TO 2 WEEKS

AVOID:

For 2 weeks: Sauna, buttock sun tanning, UV beds, steam baths



TRAVEL

AVOID :

If possible avoid any flight within the next 2 weeks or until your treating doctor has performed the check control after the treatment. Inner cabin pressure may be highly uncomfortable.



SOCIAL EVENTS

Plan your treatment accordingly to your social events.

Inform your practitioner about those special events so he can plan the best treatment time for you.



TIME

Be patient, the final results may take a couple of days to settle.

Follow your doctor recommendations and in case of doubt, contact him directly.



INSTRUCTIONS

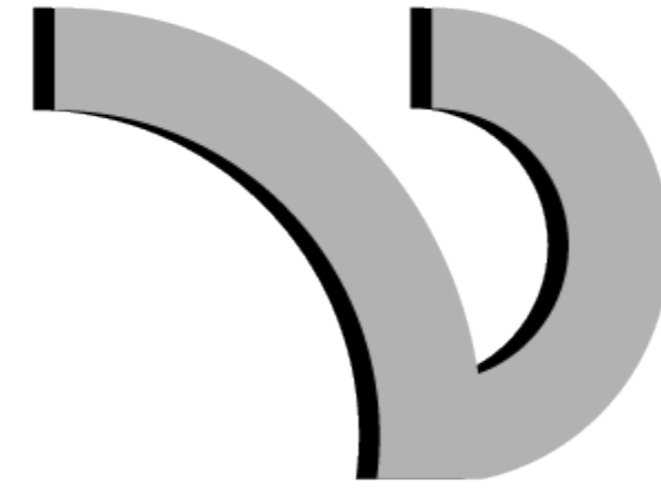
Do not forget to sign and keep your consent before the treatment.

Always follow your practitioner instructions.

If you have seen / read something on Internet, always consult your doctor first.

Appoint your control visit.

Ask your clinic to give you the Hyabell® Beauty Pass so you have a traceability of the treatments done.



VARIOFILL

for Gluteal Augmentation

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A PRODUCT RANGE MADE BY **ADODERM**   made
in
Germany

D.734010/02

