

Staying Safe



STAYING SAFE  
AFTER YOUR APPOINTMENT

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# STAYING SAFE

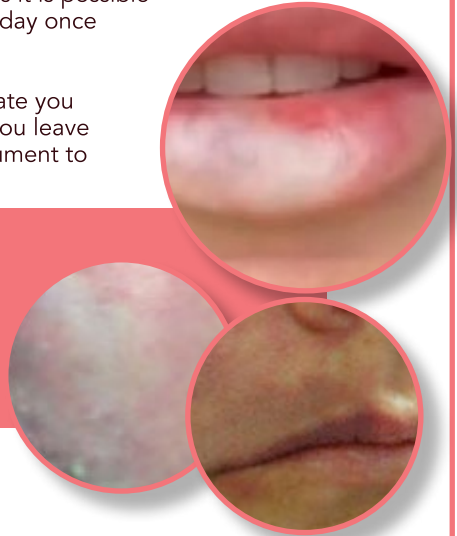
## AFTER YOUR APPOINTMENT

Any treatment comes with a small risk of complications. Most of these will present immediately and be easily identified by your practitioner whilst you are in clinic. However, in rare circumstances it is possible that a complication will not present until later in the day once you have returned home.

This document has been produced in order to educate you on how to recognise a complication yourself, once you leave the safety of our clinic. Please do not allow this document to scare you, these complications are very rare.

### **Please contact us immediately if you experience:**

- Whitening of injected area ( Grey mottled skin )
- Extreme pain
- Numbness/tingling in the area
- If the area feels cold to touch
- Discoloured blotches in non injected areas



### **DO NOT ATTEND A&E - THEY WILL BE UNABLE TO HELP YOU IN THE EVENT OF A VASCULAR OCCLUSION**

If your practitioner asks you to film yourself performing a capillary refill test, please do not panic - this is precautionary. You can do so by following the instructions below:

Use two fingers, and apply hard pressure to the area of concern for 5 seconds. After 5 seconds, let go of the area and continue filming for 5 seconds. Healthy tissues should see blood bounce back to the skin within 2 seconds after the pressure from your fingers is released. You should film yourself as you repeat this a couple of times over the area itself, and surrounding areas.

**Infection** - If you notice the area gets increasingly red / tingly hot to touch over time please get in contact.

**Bruising is normal.** The below images are normal bruising. Bruising can happen immediately, or may get worse when you leave the clinic. Bruising can peak 1-2 days after the procedure and take up to two weeks to diminish.

**Bruising is normal.**

