

immature

The audacity to stay young.



PATIENT GUIDE

BEFORE AND AFTER
YOUR JAWLINE AND CHIN
TREATMENT

NEW YORK

Two weeks *before.*

Please read all of this before your appointment. The section on when to call is the important one. Everything else is comfort and bruising.

Tell us if you are pregnant, trying, or breastfeeding. Immature does not treat during any of these.

Book dental work, including cleanings, so that it falls at least two weeks either side of your appointment. The same applies to vaccinations. Neither is dangerous with filler, but both can occasionally cause delayed swelling around it, and we would rather not have to guess at the cause.

Tell us about any previous filler or threads in the jaw, chin or lower face: where it was done and roughly when.

Tell us if you clench or grind your teeth, wear a night guard, or have had neurotoxin in the masseters.

If you are unwell, have an infection anywhere, including a dental infection or abscess, have a cold sore or breakout on the chin or around the mouth, or are taking antibiotics, call and move your appointment. We will move it without charge.

One week *before.*

These reduce bruising. They are optional and none of them is essential.

You may pause over-the-counter supplements that thin the blood: fish oil and omega 3-6-9, vitamin E, turmeric, ginkgo, garlic, St John's wort, high-dose flaxseed oil.

You may pause occasional over-the-counter anti-inflammatories such as ibuprofen, Advil, naproxen and aspirin taken for aches. Paracetamol or acetaminophen is fine and does not thin the blood.

Arnica, by mouth or as a cream, is popular for bruising. The evidence is thin. It is harmless and you are welcome to use it.

DO NOT STOP PRESCRIBED MEDICATION

If a doctor has prescribed a blood thinner or aspirin (Eliquis, Xarelto, Coumadin, Pradaxa, Plavix, low-dose aspirin for your heart), keep taking it exactly as prescribed.

Stopping one of these carries a real risk of clot or stroke. No cosmetic appointment is worth that, and we would rather you bruised.

Being on a blood thinner does not usually stop us treating you. It means you will bruise more and we will use a cannula and work more slowly. Tell us, and we will plan for it. Only the doctor who prescribed it can change it.

48 hours *before.*

No alcohol.

No waxing, threading, peels, laser or facials along the jaw, chin or lower face.

If you shave, shave the day before rather than the morning of.

On the *day.*

Eat beforehand and drink water. Feeling faint is more common on an empty stomach.

Come with a clean face. Make-up is fine to arrive in, but we will remove it from the treatment areas.

Allow about an hour. Photographs are taken before every treatment, from the front and both sides.

Please do not bring young children. If something goes wrong we need your full attention and ours.

If you feel unwell that morning, call us.

What is normal *afterwards*.

The jaw and chin swell less than the lips, but they do swell. It is usually most noticeable on the second morning.

Most visible swelling settles within three to five days. Subtler swelling can take two weeks.

Bruising along the jaw or under the chin is common and can last a week or more.

The jaw and chin can feel firm, and you may be able to feel the product along the bone or at the angle of the jaw. This softens over two to four weeks.

Tenderness when chewing, yawning or opening wide is normal for several days.

The two sides may look uneven while they are swelling. Swelling is rarely even.

PLEASE DO NOT JUDGE YOUR RESULT FOR TWO WEEKS

This is the single most useful thing in this guide. Immature does not assess, adjust or top up until all the swelling has gone, because we cannot see what we are looking at until then.

Your review is at two weeks. That is when we decide together whether anything needs doing.

The first 48 hours.

Ice gently, wrapped, for ten minutes at a time. Do not press hard.

Sleep on your back with your head raised on an extra pillow for the first two nights. Try not to sleep on your side or face down.

Do not press, massage or pick at the area unless we have specifically asked you to massage.

Choose soft food for the first two to three days. Avoid gum, tough meat, hard bread and anything that needs a wide bite.

No make-up on the treated areas for 24 hours.

No heat: no sauna, steam room, hot yoga, hot tub or very hot showers.

No vigorous exercise for 24 to 48 hours. Walking is fine.

No alcohol for 48 hours.

Paracetamol or acetaminophen is fine for soreness.

The first *two weeks*.

No dental work, including cleaning. Holding the mouth open for long periods puts pressure on fresh product.

No vaccinations if you can reasonably delay them.

No facials, peels, laser, IPL, microneedling, radiofrequency or gua sha along the jaw and chin.

Nothing pressing on the jaw for long periods: chin straps, tight helmets, face-down massage tables.

No flying within 48 hours if you can avoid it. It tends to worsen swelling.

Photograph yourself at day fourteen in the same light and from the same angles as your before photos. Bring them to your review.

Book your review for two weeks after treatment if it is not already in the diary.

Call immediately, *day or night.*

Pain that is getting worse rather than better, or pain that feels out of proportion.

Any skin on the jaw, cheek, chin or lower lip turning white, dusky, grey, blue or mottled.

A lacy or blotchy purple pattern on the skin.

Any change in your vision, or pain around the eye.

Spreading redness, heat, hardness or pus.

Fever.

These are rare. They are also time critical, and we would far rather see you for nothing than late. Do not wait until morning and do not message and hope. Call.

CLINIC NUMBER

AFTER HOURS

Call during normal hours if you have a lump that is not settling after two weeks, numbness of the lower lip or chin, tenderness that returns weeks later, or anything that is simply worrying you. Nothing on this list is a nuisance to us.

We will see you at *two weeks*.

Bring your day fourteen photographs and tell us honestly what you think of the result, including if you do not like it. That conversation is much easier at two weeks than at two months.

Filler is not permanent. Jawline and chin filler typically lasts twelve to eighteen months, and sometimes longer, though this varies a great deal between people. It can also be dissolved if you change your mind. That is a separate appointment with its own consent, its own cost and its own swelling.

I have received, read and understood these instructions and I have had the chance to ask questions.

SIGNATURE

DATE

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