

DERMAL FILLER POST-TREATMENT INSTRUCTIONS

You should see an immediate improvement in the treatment areas. You may experience pain, tenderness, temporary redness, swelling, bruising, firmness, and bumps at the injection sites. These are usually mild to moderate in nature and clear up on their own in 7 days or less. Frequently applying ice to the injection sites to the first 12-24 hours will substantially reduce these symptoms. Any bumps or marks from the extremely small needle sticks will go away within a few hours.

The initial swelling after lip treatment may last longer. Some patients experience swelling for about a week and the lips can look somewhat uneven during that time. This means that the result immediately after the treatment should not be seen as the final result.

After the procedure:

- Wear Sunblock to protect your skin. Sunlight may cause permanent discoloration after bruising.
- You may shower and do most other regular daily activities
- You may apply makeup gently.
- Oral or topical Arnica as well as Vitamin K cream may prevent and/or treat bruising
- Tylenol should be sufficient to minimize any discomfort

For 24 hours after the procedure, you should AVOID:

- Strenuous Exercise
- Sun exposure/heat exposure/tanning beds
- Alcoholic Beverages
- Massaging/pressing areas treated
- Extreme cold temperatures

For 48 hours after your procedure AVOID:

- Ginkgo Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.

Please contact our office at _____ with any questions or concerns.