

NEW GLOW

10651 Riverside Drive, Toluca Lake, CA 91602

www.New-Glow.com

Office: (818) 747-2470 | Mobile: (818) 570-7990

NewGlow@yahoo.com

After Hours Emergency: (818) 570-7970

POST-TREATMENT INSTRUCTIONS for DERMAL FILLERS JUVEDERM | RESTYLANE | RHA | SCULPTURA | MERZ

Here are a few guidelines to follow after your procedure. These can make the difference between a good result and a fantastic one.

- If excessive swelling or pain continues beyond ten days or is associated with other reactions, such as pain, temperature changes, or discoloration that is not due to bruising, please contact our office immediately.
- You may experience some mild to moderate bruising after your dermal filler treatment. This is normal and may last up to three weeks. We have options to help expedite the healing of bruising; ask your provider what will work best for you.
- For 24 hours you should avoid the following:
 - Strenuous exercise
 - Exposure to sun or excessive heat
 - Alcoholic beverages
 - Massaging/ pressing areas treated
 - Extreme cold temperatures
- You may begin taking supplements such as Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids 48 hours after your procedure.
- Depending on your sensitivity level, you may consume foods with high sodium levels and alcohol 7- 14 days after your procedure. Be aware these foods do increase the risk of swelling, particularly under the eye area.
- Having a follow-up treatment before the product has fully dissipated will re-stimulate your own natural collagen and prolong your refreshed appearance. Please be sure to consult our office for individual timing recommendations.
- Consult your provider before scheduling any laser, micro-needling or chemical peels.
- Postpone dental procedures for at least two weeks after your procedure, especially if treating the lips, chin, nasolabial folds, marionette lines or jaw.