

Aftercare Instructions for Dermal Filler Treatment

Thank you for choosing Rêve Med Spa for your Dermal Filler treatment! We want to ensure you have the best experience and results possible. Please follow these aftercare instructions to promote healing and optimize your results:

1. **Avoid Touching the Area:** Refrain from rubbing or massaging the treated areas (avoid vibrating toothbrushes as well as retainers) for at least 48 hours to prevent the product from spreading or migrating unless specified by the provider.
2. **Stay Upright:** Try to remain upright for the first 6 hours after your treatment. Avoid lying down or bending over.
3. **Limit Physical Activity:** Avoid strenuous exercise and activities that may increase blood flow to the face for at least 24 hours.
4. **No Heat Exposure:** Steer clear of saunas, hot tubs, and excessive sun exposure for 48 hours.
5. **Avoid Blood Thinners:** For 24 hours, avoid alcohol, aspirin, smoking, and other blood thinners to reduce the risk of bruising. You can take tylenol should you feel discomfort!
6. **Monitor for Side Effects:** It's normal to experience some redness, bruising, swelling, or tenderness at the injection sites. However, if you notice any unusual side effects or have concerns, please contact us.
7. **Follow-Up Appointment:** Don't forget to schedule your follow-up appointment to assess your results and discuss any touch-ups if needed.
8. **Other tips:** Drink plenty of water to keep the body hydrated as well as eat plenty of fruits and vegetables. Avoid spicy and salty foods!

If you have any questions or concerns, feel free to reach out to us at 248-817-6704. We're here to help!

Thank you again for trusting Rêve Med Spa with your aesthetic needs. We look forward to seeing you again soon!

Best regards,
The Rêve Team

Rêve Med Spa
info@revemedicalspa.com
248-817-6704
www.revemedicalspa.com

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