

## Aftercare Instructions for Dermal Filler Treatment

Thank you for choosing Rêve Med Spa for your dermal filler treatment! To ensure the best results and a smooth recovery, please follow these aftercare instructions:

1. **Avoid Touching the Area:** Refrain from touching, rubbing, or massaging the treated areas for at least 24 hours to prevent the fillers from shifting.
2. **Stay Upright:** Try to remain in an upright position for the first 4 hours after your treatment. Avoid lying down, bending over, or exercising vigorously during this time.
3. **Limit Physical Activity:** For the first 24 hours, avoid strenuous exercise and activities that can increase blood flow to the face, as this may lead to swelling or bruising.
4. **Avoid Heat Exposure:** Stay away from saunas, hot tubs, and excessive sun exposure for at least 24 hours following your treatment to minimize swelling and redness.
5. **Skip Alcohol and Blood Thinners:** Avoid alcohol, aspirin, and other blood-thinning medications for 24 hours to help reduce the risk of bruising.
6. **Cold Compress:** If you experience swelling or discomfort, apply a cold compress gently to the treated areas for 10-15 minutes at a time, as needed.
7. **Watch for Side Effects:** Mild redness, swelling, or tenderness at the injection sites is common. However, if you notice any severe pain, unexpected swelling, or unusual symptoms, please contact us immediately.
8. **Follow-Up Appointment:** Schedule a follow-up appointment if needed to assess your results and discuss any adjustments.

If you have any questions or concerns, don't hesitate to reach out to us at [Contact Information]. We're here to support you throughout your recovery!

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

Best regards,

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