



AMAZING SKIN AESTHETICS

6819 Warner Avenue
Huntington Beach, CA 92647
(714) 848-2232

POST-DERMAL FILLER CARE INSTRUCTIONS

Congratulations on your treatment! To ensure the best results and a smooth recovery, please follow these guidelines carefully.

1. Immediate Aftercare (First 24–48 Hours)

- **Touch:** Do not rub, massage, or apply firm pressure to the treated area for at least **24 hours**. This prevents the filler from shifting.
- **Activity:** Avoid strenuous exercise, heavy lifting, and "head-below-heart" positions (like yoga) for **24–48 hours**.
- **Heat:** Avoid high-heat environments, including saunas, hot tubs, steam rooms, and direct sun exposure for **48 hours**.
- **Sleep:** Sleep on your back with your head slightly elevated for the first **2 nights** to minimize swelling.

2. What to Avoid

- **Alcohol:** Refrain from alcohol for **24 hours** as it thins the blood and increases bruising.
- **Medications:** Avoid NSAIDs (Aspirin, Ibuprofen, Advil, Motrin, Aleve) and supplements like Fish Oil or Vitamin E for **3 days**, unless medically necessary. Use **Tylenol** (Acetaminophen) for discomfort.
- **Dental Work:** Do not schedule dental cleanings or procedures for **2 weeks** before or after filler treatment.
- **Skincare:** Avoid "active" ingredients (Retin-A, AHAs/BHAs, Vitamin C) for **24 hours**.

3. Managing Side Effects

- **Swelling & Bruising:** This is normal and typically peaks at Day 2. You may apply a cool compress (not ice directly on skin) for 10 minutes every hour.
- **Lumps:** Small "cushiony" bumps may be felt initially as the product integrates. Do not attempt to "pop" or massage them unless specifically instructed by your provider.
- **Timeline:** Full integration and final results take **2 to 4 weeks**.



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WHEN TO CALL US IMMEDIATELY

While rare, certain symptoms require immediate medical intervention. Contact us at **714-848-2232** or go to the nearest ER if you experience:

1. **Vascular Warning Signs:** Skin that appears pale, white, grey, or mottled/blue in the treated area or surrounding skin.
2. **Intense Pain:** Pain that is increasing or feels significantly worse than a dull ache.
3. **Vision Changes:** Any blurring or loss of vision (Seek ER immediately).
4. **Heat & Redness:** Increasing heat, spreading redness, or pus (signs of infection).

Mandatory California Medical Board Notice

Notice to Patients: Physicians are licensed and regulated by the Medical Board of California. To check the license of a physician or to file a complaint, please visit www.mbc.ca.gov, or call **(800) 633-2322**. *Per Title 16, California Code of Regulations section 1355.4.*