

# DERMAL FILLER

## POST-TREATMENT INSTRUCTIONS

IN ORDER TO MINIMIZE THE RISK OF POSSIBLE SIDE EFFECTS AND COMPLICATIONS OF INJECTIONS PLEASE FOLLOW THESE SIMPLE STEPS:



## WHAT TO EXPECT AFTERWARDS:

Bruising varies between patients. Usually minimum bruising occurs and resolves within 2-3 days. On occasion, bruising may be more significant and last up to 7-10 days.

It is normal to feel “firmness” in the injection area (s) for the first few days after treatment. Over time, the area will soften, leaving you with a natural looking result.



## POST-TREATMENT DERMAL FILLER

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling