

**Guam Dermatology Institute**

633 GOV CARLOS G CAMACHO RD, TAMUNING GU 96913

Fax: 844-258-5475 (toll-free), 671-649-5003

There might be redness, swelling or tenderness in the treated area. This is a normal result of the injections and will generally disappear within a few days. The initial swelling after a lip enhancement treatment may last longer. If symptoms persist for over 7 days or other reactions occur, please contact the office immediately.

Bruising is rare but is a possible side effect with any dermal filler treatment. It will not affect your result. Please plan your treatments accordingly

To reduce bruising, it is important to adhere to the aftercare regime. Please avoid any medications containing NSAIDs, aspirin, vitamin E and ginseng for the week following a treatment unless medically necessary, in cases where the use of these medicines is for treatments, please discuss with your primary care provider prior to stopping any treatment.

What to do at home:

Apply a cool compress to the treatment area (do not apply ice directly to the skin) for 10 minutes every half an hour on the day of treatment.

Avoid any heat inducing activities for 24 hours such as strenuous exercise, spas, saunas, and hot showers.

Avoid pressure on the area for the first 48 hours (no face down massages).

Avoid alcohol for 24 hours

Avoid active cosmeceutical products (AHAs, retinols, vitamin C) and oil-based makeup for 24 hours.

Use a topical treatment to soothe and calm the skin such as Arnica cream. Use this three times/day for the next 7 days.

Do not massage the treatment area unless instructed to do so.