

## ***Pre & Post Care for Glute-Butt Filler***

### **Pre-Treatment:**

You can apply Arnica Cream or take arnica pills 3 to 4 days prior to treatment on the areas where bruising may occur in order to reduce or prevent any bruising post-treatment.

- **Avoid Touching or Rubbing the Treated Area:** Refrain from touching, rubbing, or applying pressure to the treated area for at least 6 hours post-treatment. This helps prevent the filler from shifting and ensures proper integration into the tissues.

- **Do Not Engage in Strenuous Exercise:** Avoid strenuous exercise or activities that increase blood flow to the face for at least 24 hours after filler injections. Vigorous physical activity can exacerbate swelling and potentially displace the filler.

- **Avoid Consuming Alcohol:** Minimize alcohol consumption for the first 24 hours post-treatment, as alcohol can increase the risk of bruising and swelling at the injection sites.

- **Do Not Apply Heat:** Avoid exposure to heat sources such as saunas, hot tubs, or direct sunlight for at least 24-48 hours post-treatment. Heat can increase swelling and discomfort at the injection sites.

- **Do Not Take Blood-Thinning Medications:** Avoid taking blood-thinning medications, such as aspirin or non-steroidal anti-inflammatory drugs (NSAIDs), for a few days post-treatment unless otherwise instructed by your healthcare provider. These medications can increase the risk of bruising and bleeding at the injection sites.

- **Do Not Expose the Treated Area to Harsh Chemicals:** Avoid applying harsh skincare products or undergoing chemical peels or laser treatments to the treated area for at least one week post-filler injections. These treatments can irritate the skin and interfere with the healing process.

- **Do Not Panic if Initial Swelling Occurs:** It's normal to experience some swelling, redness, or bruising after filler injections. However, if you experience severe or prolonged swelling, pain, or other concerning symptoms, contact your healthcare provider immediately.

-**Rest:** Try to rest as much as possible for the first 24–48 hours.

- **Avoid sitting Directly:** on your buttocks for long periods, and if you must sit, use a pillow or cushioned seat.

-**Hydration:** Drink plenty of water to help your body heal and reduce swelling.

-Wear loose, comfortable clothing to avoid putting pressure on the treated area.

-Take over-the-counter pain relievers or other medication **as needed**.

-Apply ice packs to reduce swelling, and **Apply ice packs as needed**.

-Keep the area clean.

-Wash the area with water only the evening of your treatment, and resume your normal bathing routine after 24 hours.

- Don't rub or pick at the injection site, as this can also lead to infection.

-Massage the area

-You may massage buttocks daily for 10 minutes for two weeks.

-You may experience swelling, bruising, and tenderness after the procedure, which should subside within a few days. To help with bruising, you can try taking Arnica..