

### **Dermal Filler Post Treatment Care Instructions**

- After filler is injected, you may be bruised, red or feel some swelling. This will all go down in time and you will feel the full effect of filler in about two weeks
- Please keep the skin clean, especially for the first 48 hours to minimize risk of infection. Makeup can be gently applied after 12 hours. If lips were treated, use ONLY the new lip product that your injector provided for the first 48 hours.
- The use of Tylenol (acetaminophen) or Arnica gel is permitted. Arnica gel or tabs can be helpful to minimize redness and swelling. It is normal to feel placed filler for several weeks.
- In rare circumstances, a blood vessel may have inadvertently been injected or blocked, which may cause skin breakdown, scarring and/or visual disturbance, you injector will discuss how we minimize these risks.
- While bruising is normal, any bruising with extreme pain, that extends away from the area treated, blotchy skin with a marbled effect or severe swelling. Please contact your injector immediately if you experience any of these symptoms.
- Do not massage your fillers as this may increase swelling and discomfort. Apply ice or heat to the area for comfort. The filler will settle in the face over time for a natural appearance. Filler will last approximately 6-12 months, depending on area treated and product used
- The gel is quite movable for the first few days – do not press on the treated area. Try to sleep on your back.
- Please book your follow up for 2-3 weeks after treatment in order to repeat your personal photos and assess the outcome of the injections. Additional injections may be undertaken at an additional fee.
- If you have any questions or concerns regarding your recent injections, please contact your cosmetic injector: Melissa Cundell, RPN at (613) 281-1582