

POST INJECTION INSTRUCTIONS:

DERMAL FILLERS

- ◆ Bruising at the treatment site may occur
- ◆ Temporary, minimal to moderate swelling may be expected related to the area/s treated and product/s used
- ◆ It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at time, a couple of days
- ◆ It may be normal to feel “firmness” in your treated are/s for the first few days after treatment. Over time, the area/s will soften and “settle”
- ◆ Apply cool compresses to the areas treated (avoiding pressure)
- ◆ You may begin wearing make-up once you have adequately cooled/iced the area/s. and any pinpoint bleeding from the injection site/s has subsided
- ◆ DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s
- ◆ AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately
- ◆ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products, Vitamin E and fish oil, as they may increase your potential to bruise
- ◆ AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising
- ◆ AVOID extended UV exposure until any redness has subsided. Apply SPF30 or higher sunscreen to the treated area/s
- ◆ Wait a minimum of 6 weeks before receiving any laser treatments and 1 week before skincare treatments post injection/s

I acknowledge I have received and reviewed the above post injection instructions

Signature

Date