



Please carefully review the following information to achieve optimum treatment results and the most comfortable recovery.

FILLER AFTERCARE

Dermal fillers provide immediate results, but it may take a few weeks for them to fully settle into place. Common side effects like swelling and bruising also need time to subside, after which you'll be able to fully appreciate the results of the procedure.

You should:

- Ice, as with any swelling, a simple ice pack
- Prior to any treatment avoid blood thinners such as aspirin, ibuprofen, and fish oil for 24 to 48 hours.
- Avoid drinking alcohol 24 hours before and after your procedure.
- Sleep elevated to avoid blood pooling in the treated area, use an extra pillow during sleep to keep your head elevated.
- Watch out for numb lips after treatment to avoid accidentally biting yourself.
- Minimize bruising with Arnica.
- Stay hydrated.
- Avoid heat and tanning.
- Refrain from touching the treated area for six hours. That includes pressing, massaging, rubbing, or picking on the treated area. You may gently massage the injection site only if you notice lumps forming.
- For the first 24 hours, avoid skincare products with ingredients that may aggravate the treated area. These include alpha- and beta-hydroxy acids, retinoids, and vitamin C. Use mild cleansers and apply sunscreen if spending time outdoors. It's best to avoid makeup for 24 hours, but if you must use makeup, apply it lightly.

You should not:

- Do any strenuous exercise for 48 hours.
- Schedule any facial treatments like facials, chemical peels, and laser therapy for two weeks after treatment because the fillers need time to settle and show their full effects.

Please contact JaLaine Aesthetics and Wellness if you have any concerns regarding your treatment.

Phone: 832-699-1237