

# REFINED BEAUTY

## Filler Post Instructions

1. Do NOT touch, press, rub, or manipulate the injected areas for 6 hours after treatment. This can cause irritation, sores or possible scarring.
2. Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
3. Avoid submerging your head under water for a full 24 hours after treatment; this includes pools, bathtub, hot tub, etc.
4. Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
5. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
6. Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
7. Avoid cosmetic treatments such as laser, ultrasound, peels, facials or microdermabrasion for 2 weeks after treatment.
8. Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
9. Please report to your provider immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
10. Ice the treated areas for the next 24 hours. Place the icepack on the area for 10 minutes and remove the ice pack for 10 minutes. Continue this pattern for 24 hours.
11. Please remember one side may heal faster than the other side and asymmetrical swelling may be noted for up to four weeks post injection.
12. If lips were treated; avoid straw use for two weeks, no biting the lips, and massage may be performed to any areas where lumps or bumps may be present.