

DERMAL FILLER POST-CARE INSTRUCTIONS

24 HOURS POST-INJECTION::

- Swelling and bruising are possible and are normal side effects.
- Swelling will peak at 24 hours after treatment and will begin to decrease every day after.
- Tips to minimize swelling/bruising/tenderness: Ice on and off for 24 hours, take Arnica tablets, take antihistamines such as Allegra or Zyrtec.
- You may take Acetaminophen (Tylenol) if you experience any mild tenderness or discomfort.
- Avoid sleeping on your face the first night post-injection.
- Avoid applying makeup to the treated area for 24 hours following injection.
- Avoid massaging the treated areas after treatment unless directed otherwise.
- Avoid exercise for 24 hours to reduce excess swelling or bruising.
- Bruising and swelling can last anywhere from a couple of days to a couple of weeks. Please allow time for Injections to settle and integrate.
- You may continue with your normal skincare routine. Make sure your hands are clean prior to touching your face.

IMPORTANT:

- Do not schedule vaccinations or dental appointments for 2 weeks after your injection.