

DERMAL FILLER POST-CARE INSTRUCTIONS

- Ice on and off, 3 times the day of treatment
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- You may take Acetaminophen Tylenol if you experience any mild tenderness or discomfort
- Do not massage treated areas after treatment unless directed otherwise
- After treatment, there will be minimal swelling and possible bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising
- You may wash your face with a gentle cleanser. Make sure your hands are clean prior to touching your face
- Use a clean mask, a clean pillowcase, and a new Chapstick. Use a clean makeup brush post-filler
- Use SPF and avoid sun exposure to areas that have been treated until bruising and swelling have subsided
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- Avoid laser, IPL, or skin tightening treatments of the area for at least 4 weeks