

Dermal Filler Post-Instructions

Even though this is a quick in and out procedure, proper after care can help you get optimal results.

Post Care Instructions:

- ✓ Immediately following the procedure, the most commonly reported side effects are temporary redness and swelling at the injection sites with possibility of bruising. Cold gel packs/ice may be used to reduce swelling. You may also use topical arnica gel 3 times a day to reduce swelling and bruising.
- ✓ Avoid strenuous exercise for 24 hours to reduce bruising and to keep the product in the injected area.
- ✓ Avoid excessive touching or massaging the treated areas for about 6 hours after the injection. The areas can be washed with a gentle cleanser such as Cetaphil.
- ✓ The night of your treatment, sleep with your head elevated on 2 pillows, lying on your back if possible.
- ✓ Do not receive a facial, peel, laser treatment or microdermabrasion for at least 14 days after injection.
- ✓ Do not apply products that are potentially irritating for 2 days after treatment (examples: tretinoin, retinol, glycolic acid, benzoyl peroxide, alpha hydroxy acid).
- ✓ Avoid the use of aspirin, ibuprofen, ginkgo biloba, garlic supplements, green tea, flax oil, cod liver oil, vitamins A and E, and essential fatty acids for about 5 days after treatment to decrease your risk of bruising.