

Dermal Fillers Aftercare

What to Expect Post Treatment

- You should expect some bruising, swelling, and soreness around the areas that were injected.
- Bruising and swelling will resolve within 2-4 weeks.
- If you feel uneven, wait at least two weeks, as one side of your face may heal faster than the other.

How to Care for Your Skin

- Apply ice for the first hour after treatment for ten (10) minutes on and ten (10) minutes off.
- Irritation, sores and postoperative complications, including scarring, are possible if you manipulate the dermal filler material.
- The application of topical Arnica cream and sublingual tablets may be used prior to and post injection to reduce bruising.
- Discontinue the use of Retin A at least two (2) days before your appointment and two (2) days after treatment.

What to Avoid

- Do not touch, press, rub or manipulate the implanted areas for the rest of the day unless instructed to do so by your injector.
- For lip filler, avoid kissing, puckering or sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. Avoid dental work for 2 weeks post treatment.
- For all facial filler areas, avoid placing face in a face cradle, or harsh massages to the area.
- Avoid alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, fish oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods and/or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after the procedure.
- Avoid vigorous exercise, sun and heat exposure for three (3) days after treatment.
- Avoid high heat laser treatments in the area for at least 6 months to prevent premature metabolism.
- Receiving any vaccination 2 weeks before and after treatment.

Please note:

- You must wait two (2) weeks before any enhancements or adjustments to make sure swelling isn't a factor.
****Please report any redness, blisters or itching immediately if it occurs after treatment****