

DERMAL FILLER AFTER CARE

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- **DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT: No cleanser, moisturizer, or makeup!**
- **DO NOT** massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you
- sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider or a member of the staff for product recommendations.
- If you experience bruising, Arnica Montana natural supplement can be taken to help bruising to resolve at a faster rate.

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