

Dermal Filler Post Treatment Instructions

1. Do NOT massage or apply pressure on the treated area for 6-8hrs after treatment.
2. To allow the dermal filler to stabilize, avoid overly excessive movement of the muscles in your face for the 1st couple of days, especially during the 1st 6 hours after treatment.
3. Do NOT lie down for 6 hours after treatment to avoid the chance Of applying pressure on the treated areas (from the pillow) and avoid the risk of rubbing the area accidentally.
4. Avoid yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the 1st 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of injection.
5. Avoid facials and saunas for 24 hours after treatment since this will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising.
6. Avoid taking Advil, Vitamin E, Ginger, Ginkgo, Bilbao, Ginseng, and Garlic for 2 weeks since this may increase the risk of bruising. You may shower and do most other regular daily activities.
7. If you do develop a bruise it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection like most other injections. Redness may last for 1-2 days, rarely longer. Swelling in the lips usually lasts for 2 days but can last up to 1 week; and the lips may appear uneven until the swelling subsides. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.
8. You may apply makeup lightly after treatment.
9. Cold compresses may be used 10 minutes on 10 minutes off to reduce swelling 2-3x per day during 1st 1-2 days if needed.

Most patients are pleased with the results of Dermal Filler, however, like any cosmetic procedure, there is no guarantee that wrinkles and folds disappear completely, or that you will not require additional treatments to achieve the results you seek. While the effects of filler last 6-12 months, the procedure is still temporary. Additional injections will be required periodically, generally within 6-12 months to maintain optimal results. It is normal to feel hard lumps after injections, these usually resolve by two weeks. However, if you have a painful lump, blanching of the skin (stays white when pressed), or open sores that develop, please call the office immediately. If this occurs after office hours, please go to the nearest emergency room as immediate intervention may be needed to prevent permanent complications.