

## **Injectables Post-Treatment Care**

### **Bruising/Swelling**

The most commonly reported post-treatment concern is bruising. Bruising can be unpredictable and can be very slight to very noticeable and can last for 2-14 days. Treatment for bruising includes the following:

- Ice packs can be applied for the first 24 hours, 20 mins on and then off.
- Laser treatment can be applied to bruises and significantly expedite the resolution of bruises. Our Sciton BroadBand Light laser works to eliminate bruises much faster than they would on their own.
- Arnica Montana is an oral and topical homeopathic medication that helps bruises heal faster. Arnica speeds up the healing process, prompting your body to send more white blood cells to clean up and repair the bruise. Take sublingual tablets as directed and/or apply topical 3 times daily, or as needed to injection area.

Swelling occurs commonly and the treatment for swelling is as follows:

- Apply ice packs for 20 minute intervals until swelling is improved (up to 2-3 days)

### **Discomfort/Pain**

- Ibuprofen (Advil) can be taken for any soreness after injection. If you notice any dramatic increase in pain please call the office immediately.

### **Skin Irregularities**

- Skin thickness of the injection area is common. You may be able to feel the product placement for 2-4 weeks. No treatment is necessary.
- Distinct lumps are uncommon. If you have pearl-like lumps please contact our office to discuss. Swelling can also mimic lumpiness so it is best to wait for swelling to subside to determine if additional care is required.

### **Cold Sores**

- Patients with a history of cold sores should begin anti-viral medication prior to lip injections to prevent an outbreak for 2 days prior and 3 days post injection
- A prescription can be obtained from our office. Please make your Physician aware at the time of your consult

### **Sculptra Injections Only:**

- Patients should massage injection area for 5 days, 5 times a day for 5 minutes