



### **Dermal Filler Post-Treatment Instructions**

Immediately after the treatment, there may be slight redness, swelling, tenderness, pinpoint bleeding and visible puncture sites in the treated area. This is a normal result of the injection. The inconvenience is temporary and generally resolves in a day or two.

Gently apply an ice pack to the treated area, as this will reduce the initial swelling and minimize bruising. Avoid any strenuous activities. Do not rub or massage the treated areas. When cleansing your face or applying make-up, use gentle sweeping motions to avoid excessive mobility of the areas.

After the treatment, you might experience some swelling, pain or tenderness to touch and some bruising. These are typically mild in severity and normally last less than 7 days and up to 14 days. Avoid lying down on your face for the next 72 hours.

It may be normal to feel "firmness" in your treated areas for the first few days after treatment. Over time, the areas will soften and settle, leaving you with a soft, natural looking result.

Until the initial swelling and redness have resolved, do not expose the treated area to intense heat such as UV lamp, Solarium, sunbathing, tanning bed OR excessive cold.

If you are using aspirin, Advil (Ibuprofen) or any medications that can prolong bleeding, as with any injection, you may potentially experience increased bruising or bleeding at the injection site.

You may take Tylenol/acetaminophen if you experience any mild tenderness or discomfort.

Avoid extended UV exposure until any redness or swelling has subsided. Apply 30 SPF or higher sunscreen/sunblock to the treated areas.

If you have previously suffered from facial cold sores (fever blisters), there is a risk that the injections could contribute to another eruption of cold sores. It would be beneficial to start taking antiviral medication such as Valtrex or Zovirax. Prescription will be called in to your pharmacy as needed.

In general, the dermal filler is absorbed and the correction effect reduces over time. Many patients choose to be treated again within the 6 months of the original treatment.

If you have any further questions or concerns, please call the office at (501) 224-1044.