

Filler Post Care Instructions

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours. This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- For at least 24-48 hours post treatment avoid: alcohol, caffeine, niacin, high sodium foods, high sugar foods, carbohydrates, spicy foods and cigarettes.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Use an ice pack . Icing before, during, and after injectables can help reduce the potential of bruising. Ice helps to constrict the blood vessels and lessens the likelihood of a bruise to spread. Do not place ice directly on the skin. Use a clean barrier like a thin paper towel.
- Apply arnica gel. Apply arnica to injection sites with clean hands every 1-2 hours for at least the first 24 hours to help minimize bruising. Arnica Montanais a homeopathic medicine used to reduce bruising. It is available without a prescription and can be found at most natural health food stores.
- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching , massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.
- Minimize movement of the treated area(s). However, if there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks)
- Do not wear makeup least TWO hours. If your lips were injected please wait 24 hours before applying lipstick. Also please make sure your make-up brushes are clean.
- Please Contact Us Immediately if You Experience
 - Fever and/or chills
 - If the area appears red, hot to the touch, and "angry" looking.
 - Severe pain or increasing pain
 - Discolored blotches in areas not injected or blanching of injected areas