

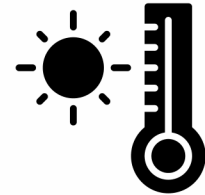
Dermal Filler After Care Instructions



Apply an ice pack every 15 minutes and Arnica topically – Arnica + Bromelain tablets are both natural supplements to reduce bruising. These are available over the counter.



Avoid itching, massaging, or picking around the injection site. Some itching is normal and will resolve. If these symptoms last more than 3 days, please contact our office.



Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.



Do not drink alcoholic beverages 24-48 hours after your treatment to avoid extra bruising.



Take acetaminophen (Tylenol) to reduce pain as necessary. Avoid Ibuprofen, Motrin, aspirin or NSAID's to reduce bruising.



There will be asymmetry as nobody is perfect, and will need time for the swelling to settle down. Only massage if your provider has told you to do so.



Sunscreen can be applied, and you may use a gentle cleanser on the area, but avoid makeup for 24 hours after injections. For lips, use the post-care lip kit or any brand new tube of Aquaphor.



PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Have severe or increasing pain