



## **POST-DERMAL FILLER INSTRUCTIONS**

### GENERAL CARE AFTER FOR DERMAL FILLER TREATMENTS:

- Avoid: Strenuous workouts, hot tub/Jacuzzis, ANYTHING that increases the blood flow to the treated can increase the risk of bruising. Light activity and walks can be done immediately.
- Avoid hats, helmets, sweatbands, or anything that will compress the areas that were treated.
- Wait at least 4 hours prior to applying make up or lotion to the injection sites.
- Regular activities can be resumed the next day.
- Ice application to the area – 20 minutes on and then 20 minutes off three times a day. Extra ice application is fine if desired. DO NOT PRESS TO HARD as you can cause the filler to move.
- Headache – Tylenol or Motrin as needed.
- For Welts, redness, or itching – Benadryl over the counter as needed.
- The area with the dermal filler can remain sore for weeks to months and is not unexpected.
- If there is swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sun block with an SPF of 30 or greater, combined with zinc oxide or titanium dioxide.
- AVOID laser treatments to the area of fillers for 2 weeks post injection.

### RISKS:

- Most people have swelling and bruising in the areas injected.
- Starting Arnica 1 days prior to the treatment and continuing after treatments can help resolve the bruising faster.
- Headache – Headache also can happen after filler. This is usually minimal and goes away quickly. Take Tylenol or Motrin for headache pain.
- Redness, Welts, and Itching – Minor redness, welts, or itching can occur after a treatment. Benadryl is recommended for these symptoms. Please call if they do not quickly improve over a day or two.
- Infection—call immediately or see your doctor if you develop fever, spreading redness, drainage, increasing pain, or any other concerning symptoms.

## RESULTS:

- You will see immediate results from hyaluronic acid fillers (HAs) and Radiesse. You will see gradual onset of results with Sculptra
- Dermal fillers and collagen stimulators last from 6-24 months depending on the product. However, some people are fast metabolizers (especially athletes and those that have had actively moving areas treated) and may need more frequent filler treatment.
- Some dermal filler placement can be felt but not seen and can be normal. You have a solid product in your skin, so it can feel like something is in there-- because there is! After 2 weeks, this will settle. If you see any irregularities, do not hesitate to follow up with your injector.

Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks, to see whether a touch-up is necessary in the facial sculpting process. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.

Please call any time if you have any questions. 858-869-9287

### *Join The Beauty Revolution!*

We LOVE selfies—Please send us your post-treatment photos by text or email!  
We are always available for you at 858-869-9287

*Life is Beautiful, and So Are You!!!*

