



a DOCS affiliate

## POST – DERMAL FILLER INSTRUCTIONS

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness after the injections. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after the treatment, if no complications are present, such as open wounds, bleeding or infection.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If there is persistent 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 and/or titanium dioxide.
- Patients should avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser such as Cetaphil® Cerave® or Dove® unscented.
- Avoid dental procedure (including cleaning) 2 weeks post filler

- Your satisfaction is important to us! We would like you to return to the office in 2 weeks to see whether a touch-up is necessary. If follow up treatments are necessary, there will be additional charges at the regular rate. Additional costs of medical treatment would be patients' responsibility would complications develop after dermal filler procedure.
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments.
- If any filler is leftover, it is good for up to (6) months and the responsibility of the patient to rebook

**If you have any questions or concerns, please call our office at 586-286-0997**