

POST TREATMENT INSTRUCTIONS

Dermal Filler Treatment

The results of dermal filler are immediate and last 6-18 months.

Normal reactions after the treatment include: numbness or tingling, moderate swelling, redness, tenderness or bruising over the treated areas. Mild non-painful swelling can last up to 2 weeks, bruising should resolve over 7-14 days but may last up to 4 weeks.

DO NOT: touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. Irritation, sores, and post-operative complications including scarring are possible if you manipulate the dermal filler implants.

AVOID: Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.

AVOID: Vigorous exercise and sun, heat exposure and makeup for 24 hours. Avoid straws, facial massage and sleeping on your face for 2 weeks after treatment.

DISCONTINUE: Retin-A 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.

- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- Be patient with your healing response, you must wait 2 weeks before any enhancements.

Please report any discoloration, redness, blisters, itching or pain immediately if it occurs after treatment.

****Please call or text 605-857-3449****

