

Filler Aftercare Instructions

Immediately after treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injection. It is temporary and generally disappears in a few days. Please call the office if swelling or redness persists beyond 3 days.

Please follow these instructions carefully after each treatment:

- Avoid touching the treatment area for about 6 hours after the treatment.
- After 6 hours the area can be gently washed with soap and water and light make-up can be applied.
- Do not massage any of the treatment areas. If you are concerned about lumps, please contact the office.
- Please avoid aspirin for 3 days after treatment. Likewise, it is a good idea to avoid all blood thinning medications for 3 days after treatment. Those medications include ibuprofen and naproxen as well. Tylenol (acetaminophen) is okay if you need something for pain or fever.
- You may carefully apply ice to the treated areas for discomfort but this is generally not necessary or recommended.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (direct sun exposure, hot tubs or saunas) or extreme cold.

A special note for lips: The initial swelling after lip treatment may last longer. Some patients experience swelling for about a week and the lips can look somewhat uneven during this time. This means that the results directly after the treatment should not be seen as the final result.

If you have previously suffered from facial cold sores, there is a small risk that the needle punctures could contribute to another eruption of cold sores. If you suspect that you are having an outbreak of a cold sore, please call the office immediately. This is a rare enough problem that we do not preventatively treat it.

Consider taking and applying Arnica to treat possible bruising.

Purple bruises can sometimes be treated with a laser: contact the office if you have purple bruises.

Generally, lumps, bumps and ridges will resolve within a week or two. If they persist, please contact the office. These can be easily treated.