



Post-Care Instructions for Dermal Fillers

- DO NOT massage, touch, or manipulate the injection site.
- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the product used, areas treated and your body's metabolism.
- DO NOT apply anything to the skin until the day after treatment. No cleanser, moisturizer, or makeup.
- Avoid dental work for 30 days after filler.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- If you experience bruising, Arnica Montana natural supplement can be taken to help bruising to resolve at a faster rate, take 5 tables three times per day (this can be started 1 week prior to injections).
- Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
- Avoid submerging head under water for a full 24 hours after midface treatment (Voluma or Restylane Lyft); this includes pools, beach, bathtub, hot tub, etc.
- Avoid obtaining any vaccination, dental cleaning, dental work, lesion excision or biopsy, surgery of any kind, internal device placement, tattoo or permanent makeup for 2 weeks following procedure.
- Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.

For any other questions or concerns, please contact your practitioner.

- Avoid the use of Retin-A or similar products 2 days after the treatment to avoid increased irritation or redness.
- Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and repeat every hour. Continue this pattern for 24 hours.
- **Contact the office immediately if you experience any of the following symptoms: dusky or white discoloration of injected areas, mottling, or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice onset of any of these symptoms, call our office immediately.**

For any other questions or concerns, please contact your practitioner.