



## **Dermal Fillers Post Treatment Instructions**

After your treatment with dermal fillers, you might have some redness and swelling. This is normally less than seven days.

- 1) Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond 7 days or if other reactions or side effects occur, please contact our office.
- 2) Avoid touching the treated area with 6 hours following treatment. Do not massage the injection sites day of the injections. After that, the area can be gently washed.
- 3) You may shower and place make-up the following day.
- 4) Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears.
- 5) Avoid exercise and alcohol for 6 hours after treatment.
- 6) Take anti-inflammatories if you have pain; this should be enough. You might develop a headache as a consequence of the injections.
- 7) You might see some bruising occurring 1-2 days after injections at any of the injection sites. These will eventually go away in several days. We also recommend Arnica (cream or oral tablets) which you can start 3 days before the injections and continue a week after injections.
- 8) If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to the doctor about medications that may minimize a recurrence.
- 9) We generally like for you to return for a post injection appointment in 1-2 weeks.

10) If at any time you have questions or concerns please call our office at 941-379-3277.