

## Dermal Filler Post-Care Instructions

1. Makeup may be gently applied immediately post-treatment (please use a sterile applicator to areas treated to reduce the risk of infection).
2. Immediately after treatment, there may be slight redness, swelling, and tenderness. Avoid touching the treated area for several hours after your treatment to reduce the risk of infection. Apply cold compresses to the treated area every 4 hours, for 1-2 days post-injection, to reduce the risk of swelling and bruising.
3. If you develop significant pain, blanching, blisters, or sores after your injection, contact our office immediately. We will see you in the office ASAP.
4. We recommend no rigorous exercise for 12 hours following your treatment to reduce the risk of bruising. Light walking is fine.
5. If possible, sleep on your back for 1-2 days after your injection. For lips, avoid using a straw or pressure on the lips to avoid moving the product. It is not unusual to “feel” the product while it is settling. Do not massage the area, this usually resolves within 2 weeks. Swelling after treatment can remain for up to 2 weeks.
6. Please allow 2 weeks for your dermal filler product to “settle” and for swelling to completely resolve. You will not know the final outcome until that time. The dermal fillers will continue to stimulate your own collagen over the next few weeks with added improvement to areas treated.

Please feel free to call our office if you have any questions regarding your treatment.

REFINE THE TRUE YOU

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