

Account # _____

Date: _____

Dermal Filler Post-Care Guidelines

What to expect **DURING** and **IMMEDIATELY** after your treatment

- Local numbing medication in the form of a topical cream or through injections may be used to maximize your comfort during the procedure. You may experience a mild amount of tenderness or stinging sensation following injection.
- To ensure a smooth and even correction, your provider will massage the area treated, which may cause temporary, minimal amount of redness to your skin.
- Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple days.
- It may be normal to feel "firmness" in your treated area/s for the first few days after treatment. This, again, may depend upon the area/s treated and product/s used. Over the next couple weeks, the area/s will soften and "settle", leaving you with a soft, natural looking result.

POST-TREATMENT INSTRUCTIONS

- You may 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. One side may heal faster than the other side.
 - If you have received cheek filler, wait 24 hours before applying makeup to the cheeks. For other areas of the face, wait until pinpoint bleeding and redness has subsided.
 - **DO NOT RUB, MASSAGE, or apply pressure to the treated area/s today as these can undesirably displace the dermal filler material. When cleansing your face or applying makeup: use gentle, sweeping motions to avoid excessive mobility of the area/s.**
 - **AVOID strenuous exercise or activity for the next 24-48 hours. You may resume other normal activities/routines immediately**
 - You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. **AVOID aspirin or ibuprofen products as they may increase your potential to bruise.**
 - **AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.**
 - **AVOID extended UV exposure until any redness/swelling has subsided.**
 - **Over the next week, redness and swelling in the treated area will continue to decrease. Contact your provider if you find areas with persistent redness, swelling, or white bumps.**
- *** A follow up appointment, 2 weeks post injections, is recommended to assess the area after swelling has subsided. It is recommended to schedule this follow up the day of your treatment as our schedules do fill up quickly and are in high demand.**

Call our office promptly if you experience ANY of the following: Increasing pain, swelling, significant bruising or darkening at or around the treatment area, notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5 F, or any other concerns you may have.

Patient Signature: _____ Date: _____