Filler Post-Treatment Instructions

After your treatment

• You might have some redness, bruising, swelling, firmness or soreness. This will normally last less than seven days. Ice compresses may be used immediately after treatment to reduce swelling. We recommend ice for 5 minutes, 3 to 5 times a day for 3-5 days. If the inconvenience continues beyond seven days or if other reactions or side effects occur, please contact our office.

• It is normal to experience some bruising and tenderness (not pain) at the treatment site for a few days.

• Because of receiving injections into your skin, you must expect to have a bruise. If you do not bruise, consider it a bonus!

• Some early loss of correction may occur during the first six to eight weeks. This is also normal and to be expected. There are two reasons for this: First, the swelling caused by the treatment itself resolves. Second, the body re-absorbs the gel that is the carrier of the active product. A future enhancement may be required to achieve the optimal results.

• Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed. For best results, avoid excessive facial expression as this could result in the movement of the filler.

• Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears

• If you have previously suffered from herpes outbreaks (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.

• Avoid exercise and alcohol for six hours after treatment.
Before your next treatment

- Having a follow-up treatment before the product has fully dissipated will maintain your refreshed appearance. Please be sure to consult the doctor about recommendations for touch-up or follow-up treatments.

- **Please observe the following:** one week prior to your next treatment with Restylane/ Juvederm/Perlane/Sculptra, avoid taking St. John’s Wort, high doses of Vitamin E supplements, aspirin, and other non-steroidal anti-inflammatories, such as ibuprofen to minimize bruising, swelling and bleeding at the injection site.

- You may wish to take arnica twice per day for the 5 days prior to your injection to reduce the swelling and inflammation which can be associated with injections of any type.