



Cosmetic Dermal Fillers

Post Treatment Instructions

- Avoid applying pressure or touching the treated area for six (6) hours after the procedure. The area can be gently washed with a cleanser and water.
- Avoid vigorous scrubs, exfoliation or facial treatment in the area of treatment for 72 hours.
- Avoid any exercise or strenuous activity for 24 hours.
- Avoid microdermabrasion or vibradermabrasion for 72 hours after cosmetic dermal fillers.
- Avoid prolonged exposure to direct sunlight or UV/tanning beds for 72 hours after the procedure
- Avoid manipulation of the area following the injection unless specifically instructed otherwise.
- For pain/discomfort, use cool packs and over-the-counter analgesics (Acetaminophen, Tylenol)
- Oral or topical Arnica Montana, an herbal supplement, may help with reducing swelling caused by treatment. DO NOT take Arnica Montana if you have liver or kidney problems.
- Aspirin, Ibuprofen, Advil, St. John's Wart, oral Vitamin E and non-steroidal anti-inflammatory drugs (NSAIDS) may promote the risk of bruising and bleeding in the injection area.
- If you are prone to cold sores (oral herpes simplex) take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed for the 24 hours after your treatment.
- If signs and symptoms of infection persist (warmth at the site of the injection, discharge/pus, pain/discomfort) or if you develop a fever, please contact your healthcare provider.

Collection of product can occur with injections. As the filler settles the product will smooth out. This process can take four weeks, but may (although less common) take longer. At the two week mark feel free to lightly massage the area to assist in the dispersion. A dissolving solution can be used on stubborn product.