



Post-Treatment Instructions Following Dermal Fillers

WHAT TO EXPECT during and immediately after your treatment:

- ✓ Local numbing medication in the form of a topical cream or through small 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 practitioner may massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- ✓ Bruising at the treatment site may occur. To minimize bruising, inform your practitioner if you use blood thinners such as aspirin, ibuprofen (i.e., Aleve, Advil) or herbal preparations (Fish/Flax seed oil/Omega 3's, Ginko, Ginseng, Garlic, Vitamin E) prior to your procedure.
- ✓ 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 of days.
- ✓ It may be normal to feel a "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 time, the area/s will soften and "settle", leaving you with a soft, natural looking result.

POST-TREATMENT INSTRUCTIONS

- ✓ Apply cool compresses to the area/s treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin). You will be provided with a gel pack to assist with this cooling before leaving the office.
- ✓ You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided. Mineral makeup works well.
- ✓ DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- ✓ AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- ✓ AVOID strenuous exercise or activity for the remainder of the treatment day. 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. Apply an SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid.
- ✓ We recommend you wait a minimum of **2** wks before receiving any skincare or laser treatments.
- ✓ Additional Instructions: _____
- ✓ ***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.***

Enjoy your new look and remember that your satisfaction is our goal. Please feel free to call our office at 414.964.1111 and speak with your practitioner with any questions!