



Dermal Filler After Care Instructions

Post Treatment Instructions:

- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid extensive sun or heat for 72 hours (no sauna, hot tub).
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- You may apply a cool compress or ice pack for 15 minutes each hour while awake to reduce swelling.
- Use Tylenol (acetaminophen) for discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.
- Try to sleep face up and slightly elevated if you experience swelling.
- You may want to consider taking Arnica (found in health food stores) to help with the bruising and swelling.
- Avoid wearing makeup the day of procedure.
- Sanitize your phone before putting it to your face and try to talk on speaker phone as much as you can day of.
- Wait a minimum of two weeks before dental work, immunizations, or laser treatments.

To help minimize any side effects:

- Cold gel packs/ice may be used immediately after treatment to reduce swelling. Tylenol is recommended if needed for any pain. You may also use Arnica gel and/or sublingual pellets.

Follow up appointment:

Dermal fillers last, on average, 6-12 months with some lasting 24 months. It is recommended at the time of your treatment to schedule your next appointment to maximize your benefit. Typically, this is best done two weeks post-treatment. The most typical side effects are bruising, swelling, and redness. These are temporary and will resolve. However, please call the office at 414-315-3122 to notify us if you experience any additional side effects.

All of the above side effects are temporary and will resolve as the dermal filler is metabolized. However, please call our office at (414) 315-3122, to notify us if you have any concerns rising from your Dermal Filler treatment.