



## FILLER TREATMENT INSTRUCTIONS

### WHAT TO EXPECT

Topical numbing cream is used to maximize your comfort. It may take 10-15 minutes for the cream to work. Local anesthetic is often mixed with the filler as well.

You may experience a mild amount of tenderness or stinging sensation following injection that may last up to a few days

To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause temporary redness to your skin

Bruising at the treatment site may occur, especially in the lower face. To minimize bruising, STOP taking all pain and anti-inflammatory medications except Tylenol. STOP taking all herbal supplements and vitamins. If you take blood thinners (Aspirin, Plavix, Coumadin) prescribed by a doctor, ONLY stop that with permission of your primary care doctor or cardiologist.

Temporary swelling may be expected related to the area treated and the product used.

It may be normal to feel a "firmness" in your treated area for the first few days after treatment. Over time, the area will "settle", leaving you with a soft, natural looking result.

### POST-TREATMENT INSTRUCTIONS

Apply cool compresses to the area treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin).

You may begin wearing makeup once you have adequately cooled/iced the area and any pinpoint bleeding from the injection site has subsided

**DO NOT RUB OR MASSAGE** the treated area today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area.

**AVOID** strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.

You may take Tylenol if you experience tenderness or discomfort. Avoid Aspirin and Ibuprofen products as they may increase your potential to bruise.

**AVOID** drinking alcohol for a minimum of 24 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).

If you tend to get hyperpigmentation (darkening) to skin in the sun or after procedures, you can use 1% hydrocortisone at the injection site entry points after 24 hours.

We recommend you wait a minimum of 2 weeks before receiving any skincare or laser treatments