

## **POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS**

- Cold compresses (a cloth dipped in cold water, wrung out, or ice, and applied to the injected area may be used immediately after treatment to reduce swelling.
- Avoid touching the treated area within six hours following treatment so you do not accidentally injure your skin while the area is numb. After that, the area can be gently washed with soap and water.
- Do not use make-up for 12 hours and skin care products for 24 hours
- For the next 48 hours avoid extreme cold or heat, massaging the treated area and strenuous physical activity.
- Postpone dental procedures for at least 2 weeks after treatment.
- For 24 hours following the treatment you should avoid exposure of the treated area to intense heat (sun lamp or sun bathing), until there is no redness or swelling.
- Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less). The most common side effects include but are not limited to temporary injection site reactions such as redness, pain/tenderness, firmness, swelling, lumps/bumps, bruising, itching, and discoloration. As with all skin injections procedures there is a risk of infection.
- If you have previously suffered from cold sores, there is a risk that the needle puncture around your lip could contribute to another occurrence. Please let us know and we will prescribe you an anti-viral medication.
- Avoid sleeping, laying or putting pressure on the injection site for the next week.
- You may wish to avoid taking Aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site. You should consult with your primary care doctor regarding the discontinued use of the aforementioned medications.
- Continue anti-viral medications as instructed by your physician. Notify the physician for any significant swelling, bleeding, eye pain, dusky discoloration, excessive pain or fever. We are available after hours at 832-644-8338.

