



## POST-DERMAL FILLER TREATMENT

### POST-TREATMENT

- 1. Immediately following the procedure:** the most reported temporary side effects are temporary redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
- 2. To avoid bruising:** avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDs for several days. Tylenol is recommended if needed for discomfort.
- 3. Please avoid:**
  - A.** touching or scrubbing at the injection sites for 24 hours after treatment.
  - B.** Dermal Filler may be malleable for the first 2 weeks; to keep the Dermal Filler where our providers have placed it, sleep on your back and avoid rubbing the treated area for 2 weeks.
  - C.** Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
  - D.** Makeup may be applied immediately after treatment if desired.
- 4. After treatment to lips:** the lips may become swollen and look somewhat uneven or lumpy. This can persist for 3-14 days. If symptoms persist beyond 7 days, please contact our office for a follow up appointment.
- 5. Facials:** Please avoid facial massages, or laser treatments for 2 weeks after the Dermal Filler treatment. Most facials, chemical peels, laser, and light-based treatments may be done immediately prior to the Dermal Filler treatment.
- 6. Neuromodulators:** These products may be injected immediately before or after Dermal Filler as part of a "liquid facelift"; if you have any questions regarding this, please ask your provider.
- 7. Follow up Appointment:** If the desired level of correction has not occurred by day 14, additional Dermal Filler may be needed. Please call our office to schedule an appointment if you would like more filler.  
**Please note:** Additional treatment will be charged at the current Dermal Filler price.
- 8. Combination Therapy:** Dermal Filler is intended to fill areas of lost volume; however, it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their Dermal Filler treatments with other antiaging and corrective procedures such as Neuromodulators, Platelet Rich Plasma (PRP) Therapy, Pixel, AFT, etc. If you have any questions regarding which additional treatments may be of benefit for you, please ask your provider.
- 9. How long does it last:** Dermal Filler lasts 6-24 months on average. It is not necessary to wait 6-24 months to return for treatment; you may return for your next, and/or additional Dermal Filler treatment as soon as you would like more volume correction in any areas of concern.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT

**(614) 219-9983**