



Dermal Filler Aftercare



no alcohol
for 24 hours



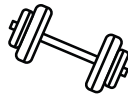
no rubbing or
massaging



ice area to
reduce swelling



no nsaids



no exercise for
24 hours



No straw use
for 24 hours



No makeup
for 12 hours



No sun/heat
exposure
for 24 hours



Stay well
hydrated

- Swelling is evident immediately following the procedure and will be worse the first 24-48 hours but can last up to a week. Ice the area in 15-20 minute intervals to help reduce swelling and discomfort.
- Bruising is common and will show up in the first 24 hours post treatment. Topical Arnica Montana can help to reduce and heal bruising quicker.
- Note that the bumps or marks from the extremely small needle sticks will go away within a few hours. If you develop a bruise, it will resolve like any other bruise with time. There is occasionally some mild pain, swelling, itching, or redness at the site of injection like most injections. Redness may last for 1-2 days, rarely longer.
- Avoid taking ibuprofen, Vitamin E, Ginger, Gingko, Bilboa, Ginseng, and Garlic for 2 weeks after the procedure since this may increase risk of bruising. You may shower and do most other regular daily activities.

