

POST DERMAL FILLER INSTRUCTIONS

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness, after the injections. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office for advice.
- Cold compresses may be used after the treatment to reduce swelling, and decrease soreness. You may take Tylenol every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after treatment, if no complications are present, such as: open wounds, bleeding or infection.
- In the first 24 hours following treatment, extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If there is swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sun block with an SPF of 30 or greater, combined with zinc oxide or titanium dioxide. AVOID laser treatments to the area of fillers for 2 weeks post injection.
- Patients should avoid strenuous exercise for 48 hours, to prevent moving the filler or increasing blood flow to the face. Any activity that would involve “grunting”!
- Avoid taking aspirin, Ibuprofen, Advil, Motrin, Aleve, Naproxen, Gingko Biloba, St. John’s Wort and high doses of Vitamin E, fish oil, garlic tablets, ginseng for about 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites. Wine and alcohol also may increase your risk of bruising and thin your blood.
- Bruising may occur. Even the most experienced injector may inadvertently hit a small vessel in your skin. ALL bruises will go away! Give bruising 3-14 days to resolve. Taking ARNICA MONTANA for 2-5 days may be very helpful. It is a homeopathic medication that helps with inflammation and bruising. This may be purchased here.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser. Ask your medical professional about Glymed Plus cleansers, moisturizers and products to help sustain your results!
- If you use a CPAP at night to sleep, avoid using for 3 nights.
- For swelling, sleep with a couple of pillows to elevate your head, use ice for short periods (5-10 minutes) and consider taking Benadryl.
- Your dermal filler may feel lumpy. As long as you cannot see the lump, do not worry about it. This is quite normal. You have a solid product in your skin-it will like something is in there because there is! After 2 weeks, this will settle in and you should feel fine. If however you see any irregularities, do not hesitate to follow up with your injector.
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments. Keep in mind fillers look better with time. Give yourself a full 2 weeks before making final judgement. Increase fluids and remain hydrated to maintain beautiful volume!

Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks, to see whether a touch-up is necessary in the facial sculpting process. Call us at: 903-534-0773. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.