

## **Dermal Filler POST-TREATMENT INSTRUCTIONS**

Below are guidelines to follow after your dermal filler (Juvederm, Restylane, Revanesse, etc) treatment. Filler treatment targets volume loss, wrinkles and folds, lip volume, and facial asymmetries. Though side-effects are never completely avoidable, to minimize your risk of side-effects such as bruising, swelling, or drifting of filler beyond treatment area, please follow these guidelines:

- DO NOT touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. You can cause irritation, sores, and/or problems, and possible scarring if you do.
- AVOID Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids at least 3 days after treatment.
- AVOID alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours after your treatment.
- AVOID vigorous exercise and sun and heat exposure for at least 3 days after treatment.
- DISCONTINUE Retin-A for 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.
- One side may heal faster than the other side causing the appearance of temporary asymmetry.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- Wait a minimum of 2 weeks before any enhancements are made to allow any swelling to completely resolve.
- \*\*\*Please report any redness, blisters, or itching immediately if it occurs after treatment.\*\*\*