

DERMAL FILLER POST TREATMENT PLAN

- Apply a cool compress to the injection site(s) for up to 48 hours.
- Avoid excessive touching or massaging the treated areas for about 48 hours after the injections. The treated areas can be washed with a gentle cleanser.
- Avoid strenuous exercise for 48 hours post-treatment to prevent changes to filler, appearance, or increasing blood flow to the face.
- Avoid excessive sun or heat exposure for 48 hours post-treatment.
- Avoid over the counter blood-thinning medications for 48 hours post-treatment. These may cause an increased risk of bleeding or bruising at the injection sites. (Advil, Ibuprofen, Fish Oil, Vitamin E, Alcohol)
- Tylenol may be used to control pain.
- Use Arnica topically for pain/bruising. (Available for purchase at The Clinic)

Please contact us with any questions or concerns.

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