



## Post Care for Dermal Fillers

1. Swelling, redness, firmness, itching and tenderness may be present for up to two weeks. Use of cool packs may be used as needed.
2. Sleep with your head elevated to reduce the amount of swelling.
3. Do not massage or put pressure on the treated area, unless instructed by injector.
4. Wait 4 hours to apply cosmetics, moisturizer or any lotions on the area.
5. Avoid direct sunlight or extreme cold weather until initial swelling and/or redness has subsided.
6. Do not do heavy aerobic exercise, or do anything to raise your core body temperature or blood pressure for 24 hours.
7. The results will be immediate, but its best effects are noted after swelling has resolved.
8. Ibuprofen (Advil, Motrin) or Acetaminophen (Tylenol) may be used as directed on the bottle, for any discomfort after injection.
9. Benadryl 25-50mg, per directions on the bottle, may be used for itching. Benadryl can make you sleepy. Do not drive or perform any activities accordingly.
10. The use of Arnica Montana (available at health food stores), may help with bruising. It is available topically, as well as orally. Follow bottle directions.
11. Lumps, bumps or irregular, asymmetrical areas may be noted, especially once swelling has subsided. It is normal to feel these lumps and bumps, however they should not be visible.
12. Any severe swelling, itching, redness, increasing discomfort or discharge from treated area should be reported to the office.
13. Periodic touch-ups will help sustain the desired level of correction.
14. It can take up to TWO weeks for swelling and any bruising to subside. If additional filler is desired in an area of previous treatment, your provider may ask you to wait until the 2 weeks has passed.
15. Please call the office if you have any additional questions at (410) 531-2209.