



Congratulations on completing your Dermal Filler treatment! Below are some recommendations and what you can expect post Dermal Filler treatment:

Expect swelling and bruising. Depending on the patient, swelling can persist 24 hours to a week after injection. Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. To help alleviate swelling, we recommend antihistamines during the day, such as Zyrtec or Claritin, and Benadryl at night.

#### What To Do After Fillers: The First Hour

- Apply an ice pack and Arnica topically—Arnica + Bromelain tablets are both natural supplements to reduce bruising. These are available for purchase in our offices.
- Take acetaminophen to reduce pain as necessary.
- Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.

#### How To Reduce Bruising After Fillers

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- To help alleviate bruising, we recommend taking Arnica or Bromelain, eating fresh pineapple, and applying ice to the area.

#### Important Lip Filler Aftercare Notes

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Have severe or increasing pain