

FILLER POST-CARE HANDOUT

FILLER INSTRUCTIONS

- For approximately 24 hours, patients should avoid strenuous activity, extensive sun or heat exposure, aspirin or non-steroidal anti-inflammatory drugs and alcoholic beverages.
- Transient erythema, skin redness, can last for as long as 36 hours after treatment, beyond which, hypersensitivity must be considered.
- If bruising is a concern, it will be important for the patient to avoid taking non-essential aspirin or related products, such as Ibuprofen (ex. Advil®) or Naproxen (ex. Aleve®) if possible after the procedure to keep bruising to a minimum. Ice packs may be used immediately after treatment to reduce swelling for 5 minutes 3 times a day for 24 hours and follow thereafter with warm compresses for 5 minutes 3 times a day; apply Arnica Gel after each treatment.
- When injecting fillers on lips, it is recommended to not apply makeup for a minimum period of 12 hours.
- Do not wear makeup for 12 hours after procedure.
- Do not use any skin care products for 24 hours after procedure.
- Postpone dental procedures for 2 weeks after procedure.
- Gentle massage 3-4 times a day of any lumps or bumps over treated areas is acceptable, however AVOID deep pressure such as facials, exfoliations or deep massages for a period of 2 weeks.
- Most side effects typically resolve within 2-3 days, some side effects last 7 days.
- This office advises a two week follow up after every procedure; it is the patient's responsibility to schedule this appointment.
- Botox Common side effects include:
 - Redness
 - Firmness
 - Erythema
 - Itching
 - Bruising
 - Tenderness
 - Swelling at injection site
 - Superficial lumps
 - Unevenness

*All side effects are **easily treatable** at the follow up visit.*