

## DERMAL FILLER

Following post-treatment guidelines is crucial to the success of your results.

IF YOU EXPERIENCE ANY OF THE FOLLOWING, THIS IS NORMAL AND SHOULD RESOLVE WITHIN 7-14 DAYS. Swelling, redness, MILD pain, bruising, MILD tenderness, & lumps are most commonly reported after treatment. A minimum of 2 weeks is needed for the product to smooth out and settle in.

- You may be tempted to touch the area of injection after treatment, but please leave it alone ☺
- Use clean ice packs to reduce swelling. You can repeatedly clean your ice packs with Purell or rubbing alcohol, or even soap & water. Be sure to sanitize or wash your hands first before handling ice packs. Store them in a zip lock bag in freezer so they are not touching other surfaces. Always keep a barrier between the ice pack and your skin (such as towel)
- **DO NOT TOUCH THE TREATED AREA OR APPLY MAKEUP OR ANY OTHER PRODUCTS FOR THE REST OF THE DAY FOLLOWING TREATMENT SO BACTERIA FROM YOUR HANDS OR OTHER PRODUCTS AREN'T INTRODUCED INTO ANY NEEDLE ENTRY SITES.**
- CLEANSE THE AREA GENTLY AT BEDTIME AND RESUME NORMAL ROUTINE THE FOLLOWING MORNING. SLEEP SLIGHTLY ELEVATED AND AVOID SLEEPING ON YOUR SIDE AND PUSHING YOUR FACE INTO THE PILLOW FOR THE NEXT WEEK.
- Now is a great time to sanitize your cell phone and clean those make up brushes!
- If treated area is near hair, keep your hair pulled back off the area.
- Do not massage the area unless instructed by your injection specialist.
- Reduce the risk of facial cold sore recurrence that could be caused by needle punctures. Talk with your healthcare professional about medications that minimize an outbreak and take as prescribed.
- Avoid exposure to intense heat (sun, sauna, hot tub, etc) until redness or swelling has subsided.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St John's Wort, Fish Oil, or high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- No dental appointments or vaccines of any kind, or any other invasive procedure for a minimum of 2 weeks after treatment

- **CONTACT US IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**
- **BRUISING BEYOND THE INJECTION AREA**
- **ANY PAIN IN THE AREA WHILE AT REST OR INCREASING PAIN**
- **ANY DISCOLORATION OF THE TISSUE SUCH AS GRAYISH DUSKY APPEARANCE, A WHITE BLANCHED APPEARANCE OR A MOTTLED APPEARANCE**

If you have any questions, please call us! 414-210-4073 during business hours or 414-422-3105 after hours or weekends. If there is an emergency, call 911.