



DERMAFILLERS



Bruising, swelling, pain, tenderness, redness, and itching are typical reactions and should subside within two weeks.

If you experience any of the following, you should contact YOU office:

- Be alert for recurring blisters or skin sores, which could indicate a herpes infection requiring treatment.
- Watch for signs of infection such as fever, spreading redness, drainage, increasing tenderness, or persistent pain.
- A white or blue skin tone near the injection site, numbness, or altered texture may point to an occlusion needing immediate attention.
- Any atypical pain, changes in vision, speech difficulties, numbness in the face, arms, or legs, trouble walking, severe headaches, facial drooping, dizziness, or confusion should be addressed immediately, as they could be signs of serious complications.

If you believe you are experiencing a medical emergency, please call 911.

24
HOURS

First 24 Hours after treatment

- Apply ice to the treated area(s) in 10-minute intervals, alternating between 10 minutes on and 10 minutes off.
- Ensure that ice packs are not placed directly against the skin.
- Sleep on your back with your head in an elevated position.
- Refrain from using makeup, except for Oxygenetix, which is safe for post-procedure use and available in our office.



**For two weeks
after treatment**

- Avoid facials, massages, exfoliating, and Clarisonic Devices.

Lip Filler

- Postpone any dental appointments and teeth whitening procedures for at least 2 weeks after your treatment.
- Refrain from kissing, intimate oral activities, and smoking or vaping activities including hookah.
- Avoid pursing your lips, which includes the use of straws or water bottles. Opt for wide-brimmed mugs or plastic cups instead.
- Please pay close attention to these guidelines, as these actions can significantly increase the risk of creasing and lump formation.

Nose Filler

- Refrain from wearing glasses that press against the bridge of the nose.
- Avoid using tight-fitting masks. If a mask is necessary, choose a safer and looser alternative.
- Try not to frown or scrunch your brows, as this can cause the filler to shift to the sides at the top of the nose.
- Remember, the filler remains moldable for the first two weeks. It's advised to gently pinch the sides of the nose upwards and softly tap down the center of the bridge to aid in proper settling.

Temple Filler

- Once any bruising has diminished, apply firm pressure to the area to aid in blending for the initial two weeks.

Cheek/Jawline/Under Eye Filler

- Steer clear of tight-fitting masks. If mask-wearing is essential, opt for a safer and more comfortable alternative.



**Until bruising
has healed**

- During the healing period, dark, matte lipstick is the most effective at concealing any bruising on the lips.
 - Avoid tanning or extended exposure to sunlight, as it can lead to hyperpigmentation.
 - Continue to abstain from exercise until the bruising has fully healed, to prevent increasing circulation and delaying the healing process.
 - If you're considering additional filler for the treated area, please wait 4 weeks between appointments to ensure full tissue recovery.
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**After bruising
has healed**

- Once bruising has completely healed, you can firmly press the treated area a few times daily if you feel it needs further blending. Use either your finger or a cotton swab (Q-tip) to gently knead the area. It's important to wait for all bruising to subside before starting this process.

Please ensure to read these instructions thoroughly to capture all essential details. Adhering to the post-care guidelines is crucial, as it not only diminishes the likelihood of complications and expedites the healing process, but also contributes to achieving superior results.

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