**POST-TREATMENT INSTRUCTIONS**

**Solid Filler Threads**

**Results:**

* Bruising and swelling are normal – if bruising is visible you may start taking oral Arnica and apply topical arnica cream.
* Asymmetry and irregularity of the tissues treated is not uncommon and should resolve.
* Pain at the injection site(s) is normal – this may last several days or even one week after treatment. You may occasionally also feel stinging sensation as the solid filler threads settle in, this is normal.

**What you need to do:**

* If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by gently massaging in circular motions. You may repeat this 3 to 5 times a day.
* If any of the threads are exposed or start to extrude, please contact your treatment provider.
* Avoid exercise for 24 hours.
* Avoid sleeping directly on treated areas for 48-72 hrs.
* Apply cold to swollen or bruised areas 3-4 times per day.

**When to call:**

* If you experience increased redness, swelling, or pain at an injection area
* If one or more of the threads begin to extrude
* If you have any questions or concerns regarding your treatment