

SUSAN GEERLINGS MD



FACIAL AESTHETICS

POST INSTRUCTIONS

Dermal Fillers

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid scratching, 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.
- You may apply cold packs with very light pressure only over first 1-2 days for swelling.
- You may apply arnica cream or take arnica tablets for several days after the procedure to help with bruising. Untreated bruising will usually fade in 5-14 days.
- You may take acetaminophen (Tylenol) to reduce any pain 1-2 days after procedure.
- Avoid drinking alcohol or partaking in strenuous exercise, for 24-48 hrs as it may result in additional bruising.
- Try to sleep face up and slightly elevated if you experience swelling.
- Until the swelling and redness have resolved, avoid intense heat and UV exposure in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports. Be sure to apply an SPF 30 or higher sunscreen.
- Depending on the areas treated and the product used, you may feel lumpiness or firmness. These areas will soften and settle with time (usually 1-2 weeks)
- Sunscreen and makeup can be applied after treatment, and the area can be gently washed with a gentle cleanser.

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