

### Dermal Filler Post Care Instructions

- Swelling, redness, firmness, asymmetry, itching and tenderness may be present for up to two weeks. Use of ice packs may be used as needed.
- Sleeping with your head elevated may reduce the amount of swelling but is not necessary.
- Do not massage or put pressure on the treated area, unless instructed by injector.
- Wait until tomorrow to apply cosmetics or products on the area. Aquaphor/Vaseline on lips is okay, and Zinc-based (antimicrobial) tinted SPF on the skin is okay (we recommend our SPS sunscreen!)
- Avoid direct sunlight and extreme cold until swelling/redness has subsided.
- If lips were treated, avoid drinking from a straw/smoking/oral activity where the lips pucker for 48 hours, and avoid dental work (including teeth cleanings) AS WELL AS vaccines for 2 weeks.
- Do not partake in heavy aerobic exercise or any activity that raises core body temperature or blood pressure for the rest of the day.
- Do not seek any other facial treatments (including laser, dental work, etc.) in the treatment area for at least 2 weeks.
- Results are immediate, but best effects are noted after swelling has resolved.
- Ibuprofen or acetaminophen may be used as directed on the bottle for any discomfort after injection. \*Note that NSAIDs (Ibuprofen, Aleve, aspirin) may increase or lengthen duration of bruising.
- Arnica Montana may help with bruising. It is available topically and orally over the counter. Follow directions on bottle.
- Lumps, bumps, irregular or asymmetrical areas may be noted, especially once swelling has subsided. It is normal to feel these lumps and bumps, but they should not be visible.
- Any severe swelling, itching, redness, increasing discomfort or discharge from treatment area should be reported to the office.
- If you experience severe pain in one or both eyes, inability to see out of one or both eyes, or blanching of the skin with worsening, sharp pain... immediate medical attention should be sought. Call our office (817)442-8900 and use our 24-hour answering service to get to the nurse/doctor on call, as this is an urgent matter (and highly unlikely!!!). If there is an issue with our phone line, go to a hospital and let your injector know immediately so they can help you resolve the issue.
- Periodic touch-ups will help sustain the desired level of correction.
- It can take up to TWO weeks for swelling and bruising to subside. If additional filler is desired in an area of previous treatment, your provider will ask you to wait until four weeks have passed.
- Avoid heavy salt intake as well as alcohol for the first 24 hours after injection.
- Please call Southlake Plastic Surgery Med Spa at (817) 442-0810 with any questions.