

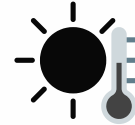
Dermal Filler Post-Treatment Instructions



Apply an ice pack every 15 minutes and Arnica topically—Arnica + Bromelain tablets are both natural supplements to reduce bruising. These are available over the counter.



Avoid itching, 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.



Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.



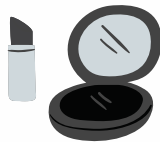
Take acetaminophen to reduce pain as necessary



If there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel "firmness." These areas will soften and settle with time (usually 1-2 weeks).



To help alleviate swelling, we recommend an antihistamine during the day, such as Zyrtec or Claritin, and Benadryl at night.



Sunscreen and makeup can be applied, and you may use a gentle cleanser on the area.



Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discolored blotches in areas not injected
 - Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
 - Have severe or increasing pain