

*WHAT TO EXPECT AFTER FILLER INJECTIONS*

* Lumps and bumps in the treated area are normal and may last a few weeks while the product settles.
* You may experience bruising and swelling after your dermal filler treatment.

*AFTER CARE INSTRUCTIONS*

* Do not apply make-up for at least 4 hours after treatment. Tiny injection site holes in the skin are still open and at risk for infection immediately after treatment.
* Tylenol can be taken to relieve pain.
* Alcohol should be avoided for 24 hours after treatment to reduce bruising.
* Stay cool and avoid heat from hot showers, saunas and washing the face with hot water for 24 hours after treatment.
* Apply a cold compress gently on and off the treated area 4 x a day for first 24-28 hours. Never apply direct cubes to the skin.
* No Clarasonic use and don’t rub or massage rigorously.
* Elevate your head when sleeping. Sleeping on your back with your head elevated on a few extra pillows will reduce swelling.
* Avoid exercise or strenuous activity for 24 hours after treatment.
* Fillers are still moldable for about a week or two after injections. After lip fillers, avoid drinking from straws or smoking cigarettes for at least 24 hours. No face down massages for 2 weeks after injection. Be very gentle with any contact to the treated area.
* Wait at least two weeks before getting additional cosmetic injectables, IPL, microdermabrasion, laser hair removal, laser resurfacing, waxing etc., on the treated areas.

*WARNING SIGNS*

**Please call the office immediately at (804-287-2022) if you experience**

* Fever and/or chills
* If the area appears red, hot to the touch, and “angry” looking
* Severe pain or increased pain
* Discolored blotches or blanching in any area of the face (not just the injected areas)
* Blisters