



DERMAL FILLER: POST-TREATMENT INSTRUCTIONS

Do NOT: touch, rub, or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing; puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. Irritation, sores, and post-operative complications including scarring are possible if you manipulate the dermal filler implants. Avoid sleeping on side if you received dermal filler in your cheeks.

AVOID: Alcohol, caffeine, Motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.

AVOID: vigorous exercise and sun and heat exposure for 3 days after treatment.

DISCONTINUE: Retin-A for 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules/infection.

- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment alternating every 20 minutes.
- You must wait 2 weeks for any additional enhancements.

****Please report any redness, blisters, severe pain, or itching immediately if it occurs after the treatment*****

Call 217.679.3598 with questions or concerns
After hours text/call 217.414.4993