

## Injectable Filler Post Treatment Instructions

- APPLY an ice pack or cold compress to the injection area after treatment to help reduce swelling. If swelling or redness persists for longer than 1 week, please contact your physician

Note: Swelling can sometimes persist for approximately 2 weeks in some patients.

- DO NOT rub or massage the treated areas for 24 hours after your treatment. Also, avoid facials for this period of time.
- DO NOT partake in strenuous exercise, hot yoga, or saunas for 4 hours after treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
- DO NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
- AVOID sunbathing, or excessive UV exposure until the redness or swelling have subsided.
- Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up or wash the injection area within 4 hours after your treatment, only use a GENTLE touch to avoid aggressive rubbing or scrubbing the treated area.
- It is normal to feel "firmness" at the injection site for a few days after treatment. The area will soften over time leaving you with a soft and natural look.
- Results of your treatment can take up to 14 days to begin taking effect. Please wait until 14 days has passed before assessing your treatment results.
- Injectable fillers are a temporary procedure and at first, you may find that your treatment results will last approximate 3-6 months.
- We strive to fully satisfy our patients. Please report any worsening, persistent symptoms or side effects to your dermatologist at 647-351-9277.
- **Bruises are common. If you develop an unsightly bruise please contact the office and schedule a complimentary laser treatment to reduce the bruise. We cannot always accommodate same day but we will try our best.**

**Dr. \_\_\_\_\_ will need to see you for a 2-3 week follow-up assessment appointment.**

**YES\_\_ NO\_\_**

This will ensure your doctor is able to see how you have responded to your treatment. If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at an additional cost. Alternatively, additional products may be recommended or required.

**Please see reception to schedule a follow-up.**