

## Selphyl Post Treatment Instructions

- DO NOT apply cold or heat the injected area for the next three days.
- DO NOT rub or massage the treated areas for 24 hours after your treatment.
- DO NOT partake in strenuous exercise for 4 hours after treatment. AVOID facials 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.
- DO NOT take any Aspirin or Aspirin derivative products for discomfort. Tylenol only for the next week.
- 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. While Selphyl will produce noticeable volume during this period, collagen production often takes 4-7 weeks.
- Selphyl is 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**.

**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.**