

Dermal Filler; What to Expect

- ✓ To ensure an even correction the injector may gently mold the area treated, which may cause a temporary, minimal to moderate amount of redness to your skin.
- ✓ Bruising at the site of injection is a commonly reported side effect. To minimize bruising, inform your provider if you use blood thinners such as ibuprofen, aspirin, or herbal supplements prior to your procedure. **You may take OTC Arnica tablets or apply Arnica gel to help minimize bruising. To minimize bruising, apply a warm/hot face cloth to any bruised area. Also, eating pineapple, which contains Bromelain, can help.**
- ✓ Temporary minimal to moderate swelling can be expected, which should dissipate in 5-7 days. Claritin or Zyrtec (OTC allergy meds) may help reduce swelling.
- ✓ It is normal to experience some tenderness at the treatment site that can last for a few hours, or at times, a couple of days.
- ✓ It is normal to feel “firmness” in your injection area for the first few days after treatment. Over time, the area will soften, leaving you a soft, natural looking result.

Dermal Filler; Post Treatment Instructions

- ✓ Apply an ice pack or cold compress gently to the injection area, avoiding pressure, after treatment to help reduce swelling. If swelling or redness persists too long, please contact the nurse who injected you.
- ✓ Immediately report any worsening or persistent symptoms or side effects to your physician or nurse who performed the injection.
- ✓ DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying makeup, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- ✓ AVOID strenuous exercise or activity for the next 24-48 hours.
- ✓ Do not apply makeup for 24 hours. Apply makeup gently, avoiding strenuous rubbing of the injection area.
- ✓ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products, vitamin E, and fish oil, as they may increase your potential to bruise.
- ✓ AVOID drinking alcohol or any blood thinning products for a minimum of 12 hours, as this may contribute to bruising.
- ✓ AVOID extended UV exposure until any redness has subsided. Apply an SPF40 or higher sunscreen.
- ✓ Wait a minimum of 2 weeks before receiving any laser or skincare treatments.
- ✓ **If you experience any pain (NOT tenderness) or change in skin color, at or near the treatment site - call the Practice immediately and speak with your Injector; 781-821-0707.**

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