



Dermal Fillers: Post Care Instructions

1. Side effects are typically mild to moderate and may include bruising, tenderness, swelling, redness, pain, firmness, and bumps. These generally spontaneously resolve in 5-7 days.
2. We highly recommend Amica Montana orally or by topical cream. Amica Montana (found at any health food store) helps minimize bruising and swelling.
3. Temporary, minimal to moderate swelling may be expected in the area(s) treated. Ice packs or cool, damp washcloths may be applied to these areas. This will lessen the amount of swelling, bruising and pain. Use a cold compress for up to 45 minutes out of each waking hour for the first 24 hours. An easy schedule to follow is 20 minutes on/20 minutes off.
4. Take antihistamines (Claritin, Zyrtec, or Benadryl) as per package directions for 2-3 days to control swelling.
5. It may be normal to feel "firmness" in your treated area(s) for the first few days after treatment. Over time, the area(s) will soften and "settle". DO NOT RUB OR MASSAGE the treated area(s) today. When cleansing your face or applying make-up, use gentle sweeping motions to avoid excessive mobility of the area(s). You may begin wearing makeup once you have adequately cooled/iced the area(s), and any pinpoint bleeding from the injection site(s) has subsided.
6. If a visible lump is seen, massage may be used to lessen the bump after two days.
7. You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. AVOID taking aspirin, non-steroidal anti-inflammatory medications, Fish oils, St. John's Wort, Vitamin E supplements, Ginger, Ginko Biloba, Ginseng, and Garlic for one week after treatment. These agents may increase bruising and bleeding at the injection site.
8. AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
9. AVOID alcohol for a minimum of 24 hours following the augmentation as bruising and swelling is more likely.
10. Avoid any facial treatments, massage or laser procedures until after your two week follow-up appointment and until these treatments have been cleared by your injector/provider.
11. Until the initial swelling and redness have resolved, do not expose the treated area to intense heat or extreme cold. This may cause the blood vessels to dilate and cause more bleeding and bruising.

12. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another occurrence.

13. Because we want you to have the VERY best results with your treatment, we will have you come back in two weeks for us to evaluate the area(s) treated and make any necessary refinements to provide you with the best possible results and the longest lasting effect.

If you have any questions or concerns about your treatment or are experiencing difficulties with your recovery, please contact ThriveOB & Women's Wellness at 847-277-0500.