



## Dermal Filler Post Op Instructions

Congrats on your recent dermal fillers! To protect your results and promote healing, please abide by the following post op instructions. Failure to adhere to the post operative instructions may jeopardize intended results.

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For best results, please follow these instructions over the next 24-48 hours:

- **Do not touch, press, rub, or manipulate the injected areas.** Avoid kissing, puckering and sucking movements for the next 24 hours as these movements can undesirably displace the dermal filler material. You can cause irritation, sores, and/or problems, and possible scarring by inappropriately manipulating the dermal filler product. Avoid wearing makeup on the impacted areas for the next 1-2 days, and gently apply if needed.
- **Avoid the following medications:** Please avoid Aspirin and Motrin for at least 3 days after treatment.
- **Avoid the following food and beverages:** Avoid alcohol and caffeine as these substances negatively impact your body's ability to heal from your procedure. Do not smoke cigarettes for 24-48 hours post treatment. You may also avoid high sodium foods to reduce swelling.
- **Avoid vigorous exercise, heat, and sun exposure for the next 3 days.**

Notes about healing:

- Bruising and swelling around the injected areas is typical. You may apply ice for the first hour after treatment at ten-minute intervals (ten minutes on and ten minutes off).
- Volume will reduce up to 45% over the next two weeks as swelling subsides.
- You may notice one side heals faster than the other side. This is okay!
- After healing occurs, you may desire additional enhancements. Enhancements may be discussed at your two-week post op visit.

**We'll see you for your two-week post op visit!**

If you have any questions or concerns as you heal, please give us a call.