



## **DERMAL FILLER POST TREATMENT INSTRUCTIONS**

- Avoid touching the treatment area for at least 6 hours following the procedure to avoid filler material migration. Do not massage the injection sites the day of your treatment.
- Avoid exercise and alcohol consumption for at least 6 hours following the procedure.
- You may develop a post treatment headache. This should be temporary and can be managed with over-the-counter headache relievers if needed.
- After 24 hours the treatment area can be gently washed.
- You may shower and apply make-up as normal the day following the procedure.
  
- Cold compresses may be used immediately after the procedure to reduce swelling and bruising. Remember to use light pressure to avoid filler material migration.
- Bruising may occur 1 to 2 days post treatment at the injection sites. If you take blood thinners or anti-inflammatories regularly, you may experience increased bruising. Bruising should improve in 7-10 days.
- Slight redness and swelling can be expected post treatment near the injection sites. This should improve in about 7 days. Cold compresses as discussed above may help this improve sooner.
- Avoid sun exposure and extreme heat/cold until any redness or swelling is resolved.
  
- Most dermal fillers provide immediately visible results. Some clients develop more swelling than others so full results may not be visible for approximately 7 days when the swelling is resolved.
- Dermal filler results may last 6-9 months.

**If you have any questions or concerns give us a call  
(704) 868-6100**