



IMPORTANT INFORMATION FOLLOWING DERMAL FILLER TREATMENT

1. You have undergone a dermal filler treatment where hyaluronic acid has been placed in the skin. You may initially be swollen, red and bruised which will subside within the next 1 – 10 days, especially if the bruising is extensive.
2. It is advisable that you do not touch the area for 6 hours.
3. Do not apply make up for approximately 6 hours unless it is mineral based.
4. Avoid exposure to UV, extreme heat i.e. sauna, steam rooms, sun beds etc. as this may increase discomfort and swelling.
5. Also avoid extreme cold; this includes ice packs that are directly applied to the skin. If necessary you can apply a cool compress to the area to reduce any discomfort or swelling.
6. Arnica tablets/gel can be used to help reduce bruising or the application of vitamin k oxide cream.
7. If you have had a local nerve infiltration injection please do not consume any hot or cold drinks until your sensation has returned to normal. You must also be careful when eating so that you do not risk biting your lip.
8. If you experience any lumpiness in the implantation area it can be gently massaged to help smooth this out.
9. You should also avoid any facial massages or skin resurfacing until the area has healed fully.
10. Your provider may have recommended OTC anti-histamine such as Claritin or Benedryl to help with swelling. Follow instructions on packaging
11. If you have escalating pain or discoloration it is advisable to call or text our office at 402-671-0396