

### FILLER POST-TREATMENT INSTRUCTIONS

- **After your treatment, you might have some redness, bruising, swelling, firmness or soreness.** This will normally last less than seven days. Ice compresses may be used immediately after treatment to reduce swelling. We recommend ice for 5 minutes, 3 to 5 times a day for 3-5 days. If the inconvenience continues beyond seven days or if other reactions or side effects occur, please contact our office.
- **It is normal** to experience some bruising and tenderness (not pain) at the treatment site for a few days.
- **Because of receiving injections into your skin, you must expect to have a bruise.** If you do not bruise, consider it a bonus!
- **Some early loss of correction may occur during the first six to eight weeks.** This is also normal and to be expected. There are two reasons for this: First, the swelling caused by the treatment itself resolves. Second, the body re-absorbs the gel that is the carrier of the active product. **A future enhancement may be required to achieve the optimal results.**
- **Avoid touching the treated area within six hours following treatment.** After that, the area can be gently washed. For best results, avoid excessive facial expression as this could result in the movement of the filler.
- **Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears**
- **If you have previously suffered from herpes outbreaks (cold sores), there is a risk that the needle punctures could contribute to a recurrence.** Speak to the doctor about medications that may minimize a recurrence.
- **Avoid exercise and alcohol for six hours after treatment.**

### BEFORE YOUR NEXT TREATMENT

- Having a follow-up treatment before the product has fully dissipated will maintain your refreshed appearance. Please be sure to consult the doctor about recommendations for touch-up or follow-up treatments.
- **Please observe the following:** one week prior to your next treatment with Restylane/Juvederm/Perlane/Sculptra, avoid taking St. John's Wort, high doses of Vitamin E supplements, aspirin, and other non-steroidal anti-inflammatories, such as ibuprofen to minimize bruising, swelling and bleeding at the injection site.
- You may wish to take arnica twice per day for the 5 days prior to your injection to reduce the swelling and inflammation which can be associated with injections of any type.