

After Your Dermal FILLER Treatment

- Unless you have been explicitly advised against it (as is the case with Restylane Silk), you may apply an icepack to the area/s treated, as this helps reduce swelling and the potential for bruising
- You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided. Mineral makeup works well.
- 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.
- AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- AVOID drinking alcohol for at least 12 hours as this may contribute to bruising and/or swelling.
- You may experience a mild amount of tenderness or stinging sensation following injections. If your filler has been placed “deeply” as is often the case with Juvederm Voluma and Radiesse, there may be an achy sensation.
- Bruising at the treatment site may occur. To minimize bruising, inform your practitioner if you use blood thinners (e.g. Coumadin, Xarelto, Eliquis, or Pradaxa), non-steroidal medications (e.g. aspirin, ibuprofen, Advil, naproxen, Aleve or Mobic), or herbal supplements (Fish/Flax seed oil/Omega 3’s, Ginko, Ginseng, Garlic, Vitamin E) prior to your procedure.
- Temporary minimal to moderate swelling is expected related to the area/s treated and the product/s used.
- It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, even a few days.
- It may be normal to feel a “firmness” in your treated area/s for the first few days after treatment. This, again, may depend upon the area/s treated and product/s used. Over time, the area/s will soften and “settle”, leaving you with a soft, natural looking result.

- AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid.
- We recommend you wait a minimum of 2 weeks before receiving any radio frequency or laser treatments. Most clients choose to follow up for more treatment in 6-12 months to maintain their look. When lips have been treated we recommend retreatment in 6-9 months.
- Additional Instructions: Call our office promptly if you experience ANY of the following: Increasing pain, swelling, significant bruising or darkening at or around the treatment area, notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5 F or ANY other concerns you may have.
- Enjoy your new look and remember that your satisfaction is our goal. Please feel free to call our office at 707.921.7447 and speak with your provider with any questions.