



Post Care Instructions

For Fillers

Follow this guideline AFTER your treatment

- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- If you have swelling, you may apply a cool compress for 15 minutes each hour.
- Use Tylenol (acetaminophen) for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.

- Take Arnica (typically found in health food stores) to help the bruising and swelling. Begin taking at least two days prior to injections.
- Wait a minimum of four weeks before skin care or laser treatments.

For any further questions or clarifications, you may reach us via the following:

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