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Dermal Filler Post-Treatment Instructions

1. Do NOT touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. This can cause irritation, sores, or possible scarring.
2. Avoid vigorous exercise, sun, and heat exposure for 3 days after treatment.
3. Avoid submerging head under water for a full 24 hours after treatment; this includes but is not limited to pools, beaches, bathtubs, hot tubs, etc.
4. Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (May affect bruising and swelling)
5. Avoid Aspirin, Motrin, Ginko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days after treatment to minimize bruising and/or bleeding.
6. Avoid the use of Retin-A or similar products for 2-3 days after treatment to avoid increased irritation or redness.
7. Avoid cosmetic treatments such as laser, ultrasound, peels, facials, or microdermabrasion for 2 weeks after treatment. No COVID vaccination and/or booster within 2 weeks of treatment.
8. Try to avoid wearing makeup or lipstick until the day after the treatment. Earlier use may cause pustules. If you **must** wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
9. Please report to your provider immediately if you have increased pain, swelling, redness, blisters, or itching following your treatment.
10. Ice the treated areas for the next 24 hours. Place the ice pack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
11. Please remember one side may heal faster than the other side.