



MEDICAL AESTHETICS

BY DONNA

FACE AND BODY REJUVENATION

Dermal Filler Post Care Instructions

- A cold compress may be applied immediately after treatment to reduce swelling depending on the filler used. Please ask first. If approved, you may ice area for 1 to 2 days if needed. Do not apply ice more than 10 minutes at a time.
- Wait 4 hours after treatment before washing your face or applying makeup.
- Do not rub or massage the treatment area unless instructed to do so. You may feel lumps that will resolve or soften over the next several weeks.
- Avoid exposure of the treated area to intense heat (sunbathing, hot bath or tub, heavy exercise) for 24 hours.
- If you have previously suffered from cold sores, there is a risk that the needle punctures could contribute to another occurrence. You may need to take a medication to minimize a recurrence.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E supplements for one day after treatment.
- Avoid facials and other skin care treatments, massage, or dental work for 2 weeks.
- Please contact us if you have any signs of infection, a red lump that is becoming larger or more painful, unusual pallor to your skin, visual changes, or any other symptom that you are unsure whether it is normal.

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