



## POST CARE INSTRUCTIONS FOR FILLER

### Restylane/Juvederm/RHA

1. Small red dots may temporarily be visible at the point of injection. These will fade or can be washed off with a gentle cleanser.
2. For any type of injection, there is always the possibility of minor swelling, tenderness, and bruising on or around the injection area. Icing immediately after treatment can help. We also recommend Arnicare gel and/or tablets to help reduce bruising and post-treatment inflammation.
3. For the next 24 hours, avoid strenuous exercise, rubbing of the treated area, and any excessive massage of the treated area.
4. You may apply make-up the following day.
5. Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent movement of the product. We recommend sleeping elevated on your back for the first night.
6. Wait a minimum of 4 weeks after injection (or as directed by your provider) before receiving any invasive skin care or laser treatments.
7. You may take Tylenol for any soreness experienced after your injection.
8. The effects of your treatment take **2-4 WEEKS** to fully settle. Swelling, lumps, and bumps can last as long as 2-4 weeks after injection depending on the filler.
9. Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.
10. If you experience extreme pain on or around the treated area, blanching of the skin, an itchy rash, or any unusual discoloration of the skin following your filler treatment, contact our office immediately.