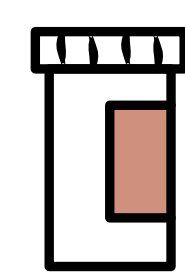


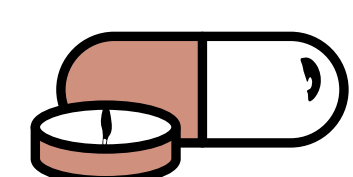
INJECTABLES

DERMAL FILLERS POST-CARE POLICIES



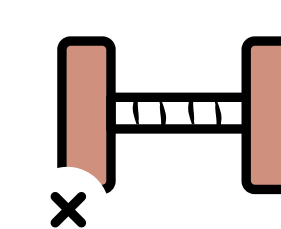
Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



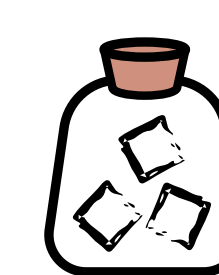
Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



Bruising, swelling, pain, tenderness, redness, and itching are normal responses and should go away within two weeks.

If you experience any of the following, you should contact the office immediately:

- Recurring blisters or skin sores, as these may signal the presence of a herpes infection that must be treated.
- Signs of infection, such as fever, redness that spreads to surrounding areas, drainage, increasing tenderness, or increasing pain that does not go away.
- A white or blue appearance of the skin near the injection site, numbness, or change in texture, which may signify an occlusion that must be treated immediately.
- Any unusual pain, vision changes, difficulty speaking, numbness in the face, arms, or legs, difficulty walking, severe headache, facial drooping, dizziness, or confusion, as these may signify other complications that must be treated immediately.

If you experience any healing concerns, such as bruises traveling from one area to another, changes in skin texture, excessive pain, excessive peeling or dryness of the lips, numbness, or blue or white discoloration of the skin, please contact us immediately at (610) 393-1253. If it is after hours, please make sure to leave us a message and we will follow-up within 24 hours.

If you believe you are experiencing a medical emergency, please call 911.



**First 24 hours
after treatment**

- Ice the area(s) in 10-minute intervals as much as possible (10 minutes on, 10 minutes off).
- Do not apply ice packs directly on the skin.
- Sleep on your back with your head elevated.
- Avoid makeup (Oxygenetix is the only make-up safe to use post-procedure and is sold in our office)



**For two weeks
after treatment**

- Avoid facials, massages, exfoliating, and Clarisonic Devices.

Lip Filler

- Avoid dental appointments and teeth whitening for at least 2 weeks post-procedure.
- Avoid kissing/intimate oral actions and smoking/vaping/hookah.
- Avoid pursing of the lips, which includes using straws or water bottles (wide-brimmed mugs or plastic cups are best).
- Carefully review the above as all of these actions will increase the potential for creasing and/or lumping.

Nose Filler

- Avoid wearing glasses that rest against the bridge of the nose.
- Avoid wearing any tight-fitting masks. Please use an equally safe alternative if use of a mask is required.

Temple Filler

- After bruising has subsided, apply firm pressure to blend the area in for the first two weeks

Cheek/Jawline/Under Eye Filler:

- Avoid wearing any tight-fitting masks. Please use an equally safe alternative if use of a mask is required.



**Until bruising
has healed**

- For the following days of healing, dark, matte lipstick covers bruising of the lips best!
- Avoid tanning or prolonged exposure to sunlight as this can cause hyperpigmentation.
- Continue to avoid exercising until bruising has healed to avoid increasing circulation and prolonging the healing process.
- If you desire additional filler for the area treated, please allow 4 weeks between appointment times to allow for full tissue recovery.



**After bruising
has healed**

- AFTER BRUISING HAS HEALED you may press the area firmly (as firmly as you can) a few times a day if you feel that an area needs help blending in. You may use your finger or a cotton swab (Q-tip) to help knead the area. Please wait for bruising to heal before doing this.

Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also product better results.