

Filler Treatment Post Care Instructions

Injectable procedures, no matter how delicately performed will induce varying amounts of bruising and swelling. This is a normal part of the facial treatment. Because of this we encouraged you to **ignore what you see and feel for the first few days.** Thankfully, most swelling and bruising will resolve after 1-2 weeks. Here are some helpful hints to improve and aid you in recovery.

Homeopathic / Vitamin Supplements:

- **Arnica Montana 6c** - this homeopathic remedy is well known for its ability to minimize post treatment bruising and swelling. If you are concerned about bruising, you can start taking this product up to 2 weeks prior to your procedure. If you did not start it do not worry you can start it at any time prior to your appointment. After your procedure you can take the pellets for 5 days or until bruising is gone. Arnica can be purchased at most health food stores and even on Amazon.
- You can take 1 tablet of **Zyrtec** per day for the next 2-4 days to help with swelling. If you do not have swelling the day of or day after this is an optional step.
- **Alastin INhance Post injection**- is our in office spot treatment that enhances the results, as well as uses Arnica, ChromeFADE Technology, and Silver Mushroom to minimize post injection side effects, accelerates the resolution of bruising and support natural HA production.
- **You may start taking your multi-vitamins/ supplements the day after treatment unless you have significant bruising. If you have bruising please avoid your vitamins till your bruising is gone.**

Post Treatment Instructions:

- Do not touch, rub or massage the treated area unless directed to do so by your medical professional.
- Please refrain from applying make-up and/or skincare for the next 24 hours if possible. This includes retinols, AHA's, scrubs, masks, etc. and do not use your Clarisonic, or other facial cleansing device, if you have one.
- Please avoid your pets from licking your face post your filler treatment
- Limit the amount of physical activity the day of your treatment. You can resume regular activity the next day unless you have significant swelling or bruising.
- Limit salt intake for a few days as this can increase any swelling.
- Avoid any dental work, including cleanings, for a minimum of 2 weeks.

What to Expect:

- When you first look in the mirror after your injections the tissue may look distorted or uneven. The distortion / unevenness is a result of the injections and swelling in the tissue. **THIS IS NORMAL.** It will subside and look natural over the next few days.
- It is normal to experience some tenderness (not pain) at the treatment site for a few days. You can apply cold compresses to the area for comfort.
- It is normal to feel "firmness" in the injection area for the first few days after treatment. Over time, the area will soften, leaving you a soft, natural looking result.

When to Call

- The filler changes texture and becomes hard, nodular or lumpy, especially if there is redness or tenderness that is not getting better.
- If you develop intense pain near or above the site of injection which is getting worse over time.
- If the area gets pale in color or develops a deep blue/ black color that is worse than a bruise.

If you have any questions or concerns after the procedure, call us at 833-998-5893