

Post Treatment Form For Patients

After your treatment with dermal fillers, you might have some redness and swelling. This is normally less than seven (7) days.

- 1) Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond seven (7) days or if other reactions or side effects occur, please contact the doctor.
- 2) Avoid touching the treated areas within six (6) hours following treatment. Do not massage the injection sites day of the injections. After that, the area can be gently washed.
- 3) You may shower and place make-up the following day.
- 4) Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears.
- 5) Avoid exercise and alcohol for six (6) hours after treatment.
- 6) Take anti-inflammatories if you have any pain; this should be enough. You might develop a headache as a consequence of the injections.
- 7) You might see some bruising occurring one (1) to two (2) days after injections at any of the injection sites. These will eventually go away in several days.
- 8) If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to the doctor about medications that may minimize a recurrence.
- 9) We generally like for you to return for a post injection appointment in five (5) to seven (7) days.