

# COSMETIC

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## DERMATOLOGY

### **FILLER: Post-Treatment Care Instructions**

**You have just undergone therapy for the correction of fine lines and wrinkles.**

- Depending on degree of anesthesia prior to your treatment, you may be experiencing a numb sensation of the face. The feeling should return to the treated area over the next 1-5 hours. If numbness persists longer than 12 hours, contact our office.
- You should use a mild cleanser to wash your face or the treated area 1-2 weeks after treatment. Do not rub the treated area with a facecloth or towel. Pat the area dry gently.
- Directly where the dermal fillers were placed, you may experience redness, swelling, tenderness, itching, and bruising. These symptoms should resolve spontaneously within 7 days. If these symptoms persist longer than 7 days, contact our office. Although the injected material is generally not visible through the skin, some people have reported that they were initially able to feel the outline of the injected material. This is normal and should improve over the next few days to weeks after the original injection.
- Within the first 24 hours, you should avoid strenuous exercise, extensive sun, sun lamp, or heat exposure and alcoholic beverages as exposure to these may cause temporary redness and swelling at injection sites. Make-up may be applied a few hours after treatment if no complications are present (e.g., open wounds, bleeding, or infection).
- Avoid sleeping face down for 24 hours and firm pressure on the treated areas for 2 weeks (ie: facials, massage). Avoid dental treatments for 1 month after filler injection unless you talk to provider.
- If you experience sudden increased pain, white discoloration of the skin, or loss of vision, this is an emergency, and you should call our office immediately.
- You may apply ice or Arnica cream to help with bruising. See handout.

**Contact our office if you have any questions or concerns regarding your treatment.**

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