

## Filler Post Treatment

- Bruising and mild tenderness at the site of injection is a commonly reported side effect and may last a few days. To minimize bruising, inform your provider if you use blood thinners such as ibuprofen, aspirin or herbal preparations prior to your procedure.
- Apply an ice pack or cold compress to the injection area after treatment to help reduce swelling. Arnica may be taken to help minimize bruising and swelling.
- It is normal to feel a “firmness” in your injection area for the first few days after treatment. Over time, the area will soften, leaving you a soft, natural looking result.
- Many patients return to their normal routine/activities immediately. Exercise should be avoided for 24 hours post treatment. Dental work should be avoided for 2 weeks.
- Makeup may be applied shortly after treatment if no complications are present. Apply makeup gently, avoiding strenuous rubbing of the injection area.
- The treatment area may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing.
- Sunbathing, or excessive UV exposure should be avoided until the redness or swelling have subsided, at least 5 days.
- Any discoloration/bruising outside of the injection area, worsening symptoms, unusual pain, oozing or crusting should be reported to the doctor immediately. Please call the office at 201-644-0228.
- Inform the doctor if you have a history of cold sores.
- Alcohol consumption and smoking may delay or alter healing.