

FILLER *Post-treatment Instructions*

1. Immediately after treatment, there may be redness, swelling and bruising in the treated area. This inconvenience is temporary and disappears in a few days. If it persists, or if other reactions occur, please contact us.
2. Any pain or discomfort can be handled by periodic ice packs and/or acetaminophen (Tylenol).
3. Do NOT rub or massage the treated areas for 24 hours after your treatment.
4. The initial swelling after lip or tear trough treatment may last a few days, during which time the lips or area under the eyes can look temporarily uneven.
5. Ways to reduce bruising/swelling:
 - Take an antihistamine (e.g. Benadryl) and/or sleeping on an extra pillow while laying on your back during sleep can be helpful to minimize swelling.
 - Avoid exercise & Jacuzzi/sauna/steam room for 48hrs after injection.
 - Avoid aspirin, alcohol and Advil/ibuprofen for 48hrs after injection.
6. Avoid manipulating/touching the treated area for 4 hours after treatment. After that, light makeup can be applied and area can be washed gently with cleanser and water, and moisturizers/sunscreens can be used.
7. If you have had cold sores, there is a risk that filler injections in that area could contribute to another eruption. Please notify your doctor if this occurs, as anti-viral medication can prevent and/or speed resolution of these sores.
8. Results of your treatment can take up to 2 weeks to take effect. Please wait until 2 weeks has passed before assessing your treatment results. There may appear to be asymmetry early on, and this settles by 2 weeks in most cases, otherwise it can easily be corrected by your doctor in 2 weeks' time.
9. Injectable fillers are a temporary procedure and you may find that your treatment results will last approximately 6-12 months.

The doctor would like to see you in 2-3 week for follow-up assessment appointment; this is the case after any new treatment or new area treated.

This will ensure your doctor is able to see how you have responded to your treatment and may fine-tune/adjust results for optimal outcome. Additional products may also be recommended.

Please see reception to schedule a follow-up.

Your follow-up assessment is booked for: _____