



## **Dermal Filler Post Care**

- 1) Swelling, redness, firmness, itching and tenderness may be present for up to two weeks. Use of cool packs may be used as needed.
- 2) Sleep with your head elevated to reduce the amount of swelling.
- 3) Do not massage or put pressure on the treated area, unless instructed by the injector.
- 4) Wait 4 hours to apply cosmetics, moisturizer or any lotions on the area.
- 5) Avoid direct sunlight or extreme cold weather until initial swelling and/or redness has subsided.
- 6) Do not do heavy aerobic exercise or do anything to raise your core body temperature or blood pressure for 24 hours.
- 7) The results will be immediate, but its best effects are noted after swelling has resolved.
- 8) Motrin or Advil, or Tylenol may be used as directed for any discomfort after injection.
- 9) Cetirizine HCL 10 mg (Zyrtec) and Ranitidine 150 mg (Zantac) may be taken as directed to reduce swelling.
- 10) Lumps, bumps or irregular, asymmetrical areas may be noted, especially once swelling has subsided. It is normal to feel these lumps and bumps; however, they should not be visible.
- 11) Any severe swelling, itching, redness, increasing discomfort or discharge from the treated area should be reported to your injector ASAP.
- 12) Periodic treatments will help maintain the desired level of correction.
- 13) It can take up to TWO weeks for swelling and any bruising to subside. If additional filler is desired in an area of previous treatment, we require you to wait until the 2 weeks has passed.
- 14) Please call Weeks Family Medicine with any questions or concerns. 541-678-5277