



### **Fillers:**

- ◆ Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.
- ◆ If you develop pain or a reticulated skin pattern near the treated area, or experience any changes in vision or sensation, contact your provider immediately or seek medical care at an urgent care or emergency room.
- ◆ Do not exercise for 24 hours following treatment
- ◆ Avoid alcohol and ibuprofen or any blood thinners for 48 hours before treatment as these can increase the risk for bruising.
- ◆ Avoid sleeping on the treated area for the first 24 hours (try to sleep on your back, not your stomach). If you sleep on your stomach, when you wake up you will likely be more swollen.
- ◆ Minimize movement of the treated area(s). However, if there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks)
- ◆ Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.
- ◆ Ice as needed to reduce swelling