



PracticallyPerfect  
MEDICAL AESTHETICS

### Post-Care for Dermal Filler Treatment

Dermal fillers are used to correct facial wrinkles and folds, such as nasolabial folds, and for lip augmentation. You will see a difference immediately after receiving a filler injection, but you will not see the final effect until 2 weeks. Dermal fillers typically last 6 to 12 months and areas may need to be re-treated in order to maintain the same results.

**You may experience the following:**

- \* Swelling, redness, firmness, itching and tenderness may be present for up to two weeks. You may use cool packs to treat these symptoms.
- \* Sleep with your head elevated to reduce the amount of swelling.
- \* Do not massage or put pressure on the treated area.
- \* Avoid direct sunlight or extreme cold weather until the initial swelling and redness has subsided.
- \* Do not do heavy aerobic exercise or anything to raise your core body temperature or blood pressure for 24 hours post-treatment.
- \* Ibuprofen (Motrin/Advil) or Tylenol (acetaminophen) may be used for any discomfort or swelling after the injection. Ibuprofen or other non-steroidal medications may result in additional bruising.
- \* Antihistamines (Benadryl, Zyrtec, Allegra) may be used for itching. Some of these medications may cause drowsiness, so you may want to take these medications only at night.
- \* Arnica Montana (available at health food stores) may help with bruising. This product is available in both topical and oral formulations.
- \* It may take up to 2 weeks for swelling and any bruising to subside. If you experience any SEVERE swelling, itching, redness or increasing discomfort, please contact the office.
- \* You may notice lumps, bumps or irregular, asymmetrical areas especially once the swelling has subsided. It is normal to feel these lumps and bumps, but they should not be visible.