



INJECTABLE FILLERS

- Avoid movement or massage of the treated area.
- Avoid extensive sun or heat for 72 hours.
- Avoid strenuous exercise for 24 hours.
- Use Tylenol for discomfort
- Take Arnica to help with bruising and swelling
- If you have had cold sores in the past any treatment to your face can trigger reactivation. We recommend taking an antiviral medication such as Valacyclovir/Valtrex for 2 days after injections to reduce this risk. If this applies to you please discuss with our injectors.
- It takes 4-5 days for bruising and swelling of injectable fillers to settle. **Please be patient.** Not only are swelling and bruising common after treatment, but filler takes time to rehydrate and attract water molecules to create a soft, natural result.

BRUISING AND SWELLING ARE COMMON POST INJECTIONS IF YOU HAVE HAD ANY OF THE FOLLOWING PRIOR TO PROCEDURE:

- Aspirin
- Exedrin
- Ibuprofen (Motrin, Aleve, Advil)
- Omega 3 fatty acids, Fish oil, or Krill oil
- Red Wine
- Garlic & Tumeric