



## **Filler After-Care Instructions**

Do not press, rub, or manipulate the treated areas for 24 hours after treatment.

Avoid strenuous exercise, extended sun or heat exposure, and alcoholic beverages for the first 24 hours. Exposures to any of the above may cause temporary redness, swelling, and/or itching at the injection sites.

Gently apply an Icepack or plastic bag filled with ice to the treated area during the first 24 hrs to limit swelling. One-minute application of ice on and off, over the course of 10 minutes is more than adequate.

Sleeping with your head elevated will also help decrease swelling.

Do not use makeup for 24 hrs over the treated areas. OK to use clean/new Vaseline or Aquaphor for lips.

Do not place your phone in contact with treated areas for 24 hours. Cleanse phone prior to using.

Avoid submerging your head in water during the first 24 hours after treatment; this includes pools, beach, bathtubs, hot tubs, steam saunas etc.

Avoid dental procedures for 4 weeks after treatment. This is very important to decrease the risk of developing lumps or infections under the skin later on.

Be sure to report any redness and/or visible swelling that lasts for more than a few days, or any other symptoms that cause you concern.

Remember, call your doctor with any questions or concerns. (415) 887-9758