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## **Post Care Instructions: Dermal Fillers**

***To maximize the benefits and minimize the risk of complications associated with your procedure, please read and follow these post-care instructions.***

**Following your treatment, you may experience some swelling and bruising which may last anywhere from several days to several weeks.**

- Immediately apply an ice pack or cold compress to the face, keeping the face as cool as possible for the first 6-12 hours following treatment. This may help minimize any swelling and bruising. To prevent a cold injury to the skin, do not leave an ice compress in any one area for an extended period of time.
- After 12 hours, heat should be applied to face to help minimize visible bruising. Place a soft towel on your face before applying a heating pad at the lowest setting for 20-30 minutes at a time or dampen a wash cloth with water, place in the microwave for 20 seconds and apply to face throughout the day.
- Avoid taking non-steroidal anti-inflammatory (NSAIDs) medications such as aspirin, ibuprofen or aleve for at least one day following your treatment as these medications can increase the risk of bruising and/or bleeding.
- To help minimize swelling, keep your head elevated by sleeping with three to four pillows for two to three days.
- Avoid salt.
- Avoid any strenuous exercise for 24 hours, including running, HIIT, Yoga, Circuit Training or any CrossFit type of exercise.

Normal post-procedure pain and swelling should generally begin to decrease after 2-3 days. There may be slight irregularities involving certain portions of the treated area. This usually improves over the first 7-14 days as swelling subsides.

**If you are experiencing a dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills, please notify the office at by calling 770.360.8881 or by text to 678-673-3840.**

For after hour emergencies regarding your procedure, please contact one of our providers on their personal lines:

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