**Dermal Filler Post-Treatment Instructions**

These guidelines help prevent the possible side effects of displacing the dermal filler and altering the desired effect.

**DO NOT** touch, press, rub or manipulate the injected areas for the remainder of the day after treatment. This includes facials, microdermabrasion, and other facial skin care. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. Irritation, sores and postoperative complications including scarring are possible if you manipulate the dermal filler material.

**AVOID** heavy lifting, vigorous exercise, sun and heat exposure for three (3) days following treatment.

**DISCONTINUE** Retin – A two (2) days before and do not restart for two (2) days following treatment. It is best to avoid wearing makeup or lipstick until the day after treatment. Earlier use can cause the formation of pustules.

**What to Expect**

One side may heal faster than the other.

You can expect some bruising, swelling, and slight tenderness around the areas that were injected. Apply ice for the first hour after treatment for 10 minutes on alternating with 10 minutes off.

You must wait 2 weeks for any enhancements.

**\*\*\*Please report any redness, blisters, discoloration of the skin, itching, or pain immediately if it occurs after treatment\*\*\***