

CITY MED SPA

SCIENCE MEETS BEAUTY

Dermal Fillers Aftercare

What to know

- Bruising at the treatment site may occur.
 - Arnica tablets or vitamin K may be take to help improve bruising (follow instructions packaging).
- Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- Some people experience tenderness at the treatment site that can last for a few hours or, at times, a couple of days.
- Some people feel "firmness" in the treated area/s for the first few days after treatment. Over time, the area/s will soften and "settle".
- If the treated area is swollen an ice pack can be applied on the site for 20 minutes out of each hour. Ice should be used with caution if the area is still numb, to avoid thermal injury. Make sure to wipe ice packs down with alcohol.
- Turmeric capsules can also help resolve swelling.
- You may begin wearing makeup once you have adequately cooled/iced the area/s, and any pinpoint bleeding from the injection site/s has subsided.
- Apply an SPF 30 or higher sunscreen to the treated area/s.
- When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive pressure to treated area/s.
- You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Aspirin or ibuprofen products, vitamin E and fish oil, as they may increase your potential to bruise.
- Sleep on your back the night of the procedure to avoid moving any product placed.

What to avoid

- Avoid dental cleanings or procedures for at least two weeks following your filler treatment
- Avoid drinking alcohol for a minimum of 12 hours as this may contribute to bruising.
- Avoid sleeping on dirty pillow case or with animals in the bed. We recommend sleeping on a clean case the night following your procedure.
- Avoid holding cell phone up to your face as cell phones are extremely dirty. We encourage you to use speaker or bluetooth device for at least 24 hours.
- Avoid wearing hair down for 24hr as hair holds lots of germs.
- Standing water for 24 hours (lake, bath, pool, river, ocean). Showering is okay.
- Avoid extended UV exposure until any redness has subsided.
- Avoid strenuous exercise or activity for the remainder of the treatment day.

- Avoid laser treatments for 6 weeks
- Avoid micro needling radio frequency treatments for a minimum of 6 months
- Avoid superficial skincare treatments for a minimum of 2 weeks.
- Avoid rubbing or massaging the treated area/s today.

Contact your injector immediately if you have excessive pain, swelling, discoloration, or anything feels “wrong” “strange” or “different”: **404-301-2324**