

Dermal Filler Aftercare



no alcohol
for 24 hours



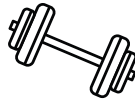
no rubbing or
massaging



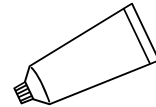
ice area to
reduce swelling



no nsaids



no exercise for
24 hours



use arnica gel
to help bruising

- Swelling is evident immediately following the procedure and will be worse the first 24-48 hours but can last up to a week. Ice the area in 15-20 minute intervals to help reduce swelling and discomfort.
- Bruising is common and will show up in the first 24 hours post treatment. Topical Arnica Montana can help to reduce and heal bruising quicker.
- Do not apply any makeup to the area for 24 hours following the injections to reduce the risk of any infection