

# Dermal Filler

## Aftercare Instructions



Today you have had injections of a of a Dermal Filler (e.g. Revanesse®, Belotero®, Restylane®, Juvederm®). The product has been placed carefully in the appropriate position to restore volume and reduce the appearance of deep wrinkles. A local anaesthetic containing lidocaine may have been used on the surface of the skin or by injection.

### The Healing Process

After treatment you may experience swelling, as well as redness, pain, itching, discolouration, and tenderness at the site of treatment. This will typically last for less than a week. If the lips were treated, the swelling may be more significant. You may gently apply ice packs for short periods of time. After lip treatment, some patients find arnica based gels can be helpful to minimize redness and swelling. As the filler settles, you may notice some unevenness; this will resolve after a couple of weeks as the filler continues to hydrate and add volume.

#### **For the remainder of today:**

✗ Avoid wearing makeup over the injection sites

#### **For the next 48 hours:**

- ✓ Keep the skin clean to prevent infection.
- ✓ You may use acetaminophen (e.g. Tylenol) if allowed by your nurse practitioner or physician.
- ✗ Do not use alcohol or NSAIDS (e.g. aspirin/Advil®)

#### **For the next 3-5 days:**

- ✓ Keep the skin clean using a gentle cleanser. Wash the skin gently and do not apply too much pressure when washing
- ✗ The filler is moveable for the first few days. Avoid pressing on, stretching or manipulating the skin.
- ✗ Avoid sleeping on the treated areas by sleeping on your back.

#### **For the next two weeks:**

- ✗ Avoid prolonged exposure to cold temperatures-avoid cold weather activities like skiing.
- ✗ Avoid prolonged exposure to heat, such as saunas or hot tubs.
- ✗ Avoid prolonged exposure to the sun – no tanning in the sun or in tanning beds.
- ✗ Avoid treatments to the face (e.g. cosmetic facials, dental appointments)

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### Support

- Possible side effects after your treatment include: swelling, bruising, pain, redness, discoloration, itching and/or tenderness at the injection site(s). These side effects may last for a few hours - bruising can last several days after your treatment. On rare occasions these side effects may last for 2-3 days post treatment.
- In rare circumstances, a blood vessel may be inadvertently injected which may reduce circulation in the skin causing excessive bruising, the skin to appear white or pale, splotchy discoloration around the treated area, persistent numbness, or severe pain (see Illustration below). If you experience these symptoms please call your aesthetic service provider immediately at 431-388-8869.
- In case of emergency such as severe allergic reaction, please proceed to the nearest urgent care or emergency room.

### Symptoms of Reduced Circulation

Call your injector immediately if any of these symptoms appear:

- White or pale discoloration of the skin
- Excessive bruising
- Splotchy discoloration around the treated area
- Persistent numbness
- Severe pain

