



Dermal Filler After-Care Instructions

Within the First Hour of Treatment:

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. **If these symptoms last more than 3 days, please contact our office.**
- You may apply ice, arnica cream, and use arnica or bromelain tablets—all of which can reduce or resolve potential bruising
- You may take Tylenol®/acetaminophen to reduce any pain as necessary

Within 6–10 Hours of Treatment

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold, such as skiing or other winter sports.
- To help alleviate bruising, we recommend the topical application of arnica—a natural ointment commonly used to reduce bruising. You can find this in the natural foods section of your grocery store, or at local pharmacies.
- Minimize movement of the treated area(s). However, if there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel firmness. These areas will soften and settle with time (usually 1-2 weeks).
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser.

Additional Post Treatment Recommendations

- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system, such as Zo. Products containing Vitamin C can strengthen the skin and improve laxity and texture. Additionally, use of Retin-A (Tretinoin) helps rebuild cells in the skin's epidermis (or top layer). Over time, Tretinoin can strengthen skin, improving firmness and resiliency. Retin-A (Tretinoin) is available for purchase in our offices—or through a prescription.
- 98% of skin damage (aging, wrinkles, dark spots, and hyper-pigmentation) is caused by sun damage. Wearing sunscreen is critical to maintaining the look and health of your skin. Sunscreen should be re-applied after every 4 hours of sun exposure.
- If it is difficult for you to reapply sunscreen throughout the day, consider adding a powdered sunscreen (we recommend Bare Essentials) to your daily routine, which can be brushed on to the face and chest periodically.

Please contact us immediately at (208) 339-0106 if you experience the following:

- Fever and/or chills
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Discolored blotches in areas not injected or blanching of injected areas

How Long Will Dermal Fillers Last?

The short answer is, of course, it depends—what areas were treated, and with which specific product. Cosmetic fillers are long-lasting, but not permanent.

Shorter term fillers made of hyaluronic acid, like Juvederm and Restylane, will last anywhere from 6–18 months depending on the areas treated and your body's metabolism.

Most patients choose to have a follow up treatment 6–12 months after initial treatment for wrinkles. For lip injections or lip enhancements, we recommend a follow up visit after about 6–9 months.