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## POST CARE FOR HYALURONIC ACID FILLERS

### WHAT TO EXPECT

- Keep a “quiet face” and avoid touching the treated area for 6 hours after treatment.
- Temporary swelling and/or bruising of the injection site may occur and can last up to two weeks, however in most cases swelling will subside after 1-5 days, and visible bruises will diminish in 7-14 days.
- **If the injection site is hot or throbbing, bruised or painful without being touched or if you feel a large swollen nodule under the skin, please contact us immediately. If you have pain and bruising but are unsure if the symptoms are typical, please do not hesitate to call the office.**
- Needle injection “marks” can be visible for 7-10 days post injection.
- Topical numbing cream will be applied prior to treatment. In rare instances, allergic reactions may occur. Additionally, topical numbing cream can aggravate underlying skin conditions such as rosacea. Such irritations may be treated using a 1% hydrocortisone cream.
- If an allergic reaction occurs from the numbing cream, please inform our team immediately. We will treat the complication and document the reaction to avoid the use of numbing cream in the future.

### AVOID

- Until the initial swelling and redness has resolved, do not expose the treated area to intense heat, sun, or extreme cold (i.e. cold weather skiing or saunas.)
- Avoid strenuous exercise and sun exposure for 24 hours post-treatment.

### HOW TO CARE FOR YOUR SKIN

- We recommend gently icing the treated area immediately after treatment - we can provide additional ice packs to take home with you. Ice should be applied for no more than 5 minutes at a time with the area being allowed to warm before applying ice again.
- If you are prone to bruising you may purchase homeopathic Arnica. Arnica supplementation prior to injections can reduce the risk of developing a bruise.

- You may continue to use your regular products and apply make-up immediately after filler injections provided you have no adverse skin reactions to the treatment or numbing cream.

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If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider or call the office 281-332-9682.