

COSMETIC FILLER
AFTERCARE INSTRUCTIONS

- You may apply cool compresses or a gel pack to the treatment area (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Expect treatment areas to be red, slightly swollen, tender and possibly bruised for the first 2-5 days.
- Swelling may persist in the filler area for 2-3 weeks.
- Take Tylenol (acetaminophen) for any discomfort or tenderness.
- Avoid strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activity immediately.
- AVOID facial or massage treatments for 1-2 weeks if possible.
- You may take Arnica supplements or apply Arnica gel as these can help alleviate bruising.

If you have any questions or concerns, please contact our office at (561) 845-6500