

THE EDIT

AESTHETICS + MEDICAL

Post-Filler Treatment

What to Expect & Home Care Instructions

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long-lasting but are NOT permanent. Longevity depends on the treated areas and your body's metabolism.
- **DO NOT apply anything to the skin until the day AFTER treatment!!** - NO cleanser, moisturizer, or makeup!
- **DO NOT** massage, touch, or manipulate the injection site.
- Avoid heavy exercise the day of your treatment.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. *We recommend sleeping elevated on your back and use pillows to stabilize yourself.
 - If experiencing swelling, sleep with head elevated for 2-3 days.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Ice packs may be used on the treated area during the first 12 hours – ice for 15 minutes on every hour.
- Wait a minimum of 4 weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider for product recommendations.
- If you experience bruising, Arnica Montana (natural supplement) can be taken to help resolve it at a faster rate.
 - Take 5 tablets 3x per day- may begin taking up to a week prior to injections.
- If you notice an onset or experience any of the following symptoms contact us **immediately**: dusky or white discoloration of the injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to the touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills.

CONTACT INFORMATION –

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