



YOUTHFUL YOU

A E S T H E T I C S & A C A D E M Y

DERMAL FILLER

Post-Treatment Guidelines

- **Redness & Swelling:** Mild redness and swelling at the injection site are common and usually resolve within 1 to 3 days. If symptoms persist beyond this period or worsen, contact your provider immediately.
- **Bruising:** Minor bruising in the treated areas is normal and typically subsides within a week. You may apply topical arnica or take other measures as directed by your provider to promote healing.
- **Cold Compress:** Apply a cold compress or ice pack to the treated areas for 10-15 minutes every hour for the first 24 hours to reduce swelling and bruising. Do not apply ice directly to the skin.
- **Avoid Heat Exposure:** Do not expose the treated areas to heat sources such as saunas, hot yoga, or direct sunlight for 24 to 48 hours (about 2 days). Heat can increase swelling and affect results.
- **Stay Upright:** Remain upright and avoid lying down for at least 4 hours after your treatment to prevent filler migration.
- **No Exercise:** Avoid strenuous exercise, heavy lifting, or any activities that cause sweating for 24-48 hours post-treatment. These activities can increase swelling and bruising.
- **No Makeup:** Do not apply makeup or skincare products to the treated areas for at least 24 hours after treatment to prevent irritation or infection.
- **Sleeping Position:** Avoid applying pressure to the treated areas during sleep. It is recommended to avoid sleeping on the treated areas for 3-5 days after the procedure.
- **Air Travel:** Avoid air travel for a minimum of 3 days after treatment. Changes in cabin pressure can affect the filler.

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- **No Massaging:** Do not touch or massage the treated areas unless specifically instructed by your injector. Unnecessary manipulation may cause the filler to move from the intended location.
- **Pain Relief:** If you experience discomfort, take acetaminophen (Tylenol). Avoid NSAIDs (such as ibuprofen or aspirin), as they can increase bruising.
- **Avoid Alcohol & Smoking:** Refrain from alcohol consumption and smoking for at least 24 hours post-treatment. Both can increase the risk of complications and bruising.
- **No Facial Treatments:** Avoid facials, chemical peels, microneedling, or any other skin treatments for at least 2 weeks after receiving dermal fillers to avoid complications or interference with the filler.
- **Monitor Healing:** If you experience prolonged swelling, bruising, redness, or signs of infection (including increased redness, warmth, or pus), contact your provider immediately. Delaying in reporting adverse symptoms can result in complications.
- **Sun Protection:** Apply a broad-spectrum sunscreen to the treated areas daily. Sun exposure can negatively impact the longevity and appearance of the filler.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

- **Immediate Results:** Initial improvements may be visible immediately after treatment, but full results will continue to develop over the following 2 to 4 weeks.
- **Duration of Results:** The duration of the results depends on the type of filler and the area treated. Results typically last several months to over a year, but this varies based on individual factors.
- **Follow-Up Appointment:** It is recommended to schedule a follow-up appointment 2 weeks after your treatment to assess your results and discuss any additional treatments or touch-ups as necessary.
- **Contact Us:** If you experience excessive swelling, severe pain, prolonged numbness, blanching of the skin, or signs of infection (fever, redness, warmth), contact us immediately at 587-855-4558 or via email at info@youthfulyou.ca.

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