



YOUTHFUL YOU

AESTHETICS & ACADEMY®

HYALURONIDASE

Post-Treatment Guidelines

- **Redness & Swelling:** Mild redness, swelling, or tenderness is common at the injection sites. These symptoms typically subside within 1 to 3 days. If they persist, contact your provider immediately.
- **Bruising:** Light bruising may occur in the treated areas and usually resolves within a week. You may apply topical arnica to the area to help reduce bruising.
- **Ice Application:** Apply a cold compress to the treated area for 10-15 minutes every hour for the first 24 hours to reduce swelling and discomfort.
- **Avoid Heat:** Stay away from hot environments (e.g., saunas, steam rooms, hot yoga) and direct sunlight for 24-48 hours post-treatment to reduce swelling and the risk of complications.
- **No Exercise:** Refrain from strenuous physical activity for 24 hours following the procedure to minimize swelling and bruising.
- **Hydration & Skincare:** Keep your skin hydrated and continue to drink plenty of water. Use a gentle, non-irritating skincare routine for the first 24 hours.
- **Avoid Massaging the Treated Area:** Do not touch, rub, or massage the treated area unless specifically instructed by your provider. Unnecessary pressure may interfere with the treatment's results.

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- **No Makeup:** Avoid applying makeup to the treated areas for at least 24 hours post-treatment to prevent irritation or infection.
- **Monitor Healing:** Swelling, redness, and bruising typically subside within 1–2 weeks. If symptoms persist or you experience any signs of infection (such as increased redness, warmth, or pus), contact your provider immediately.

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

- **Results:** Hyaluronidase begins to dissolve hyaluronic acid fillers immediately after injection. You may notice changes within hours, but the full effect typically occurs within 14 days (about 2 weeks).
- **Follow-Up:** Schedule a follow-up appointment if needed to assess the results and determine if additional treatments are necessary.
- **Contact Provider:** If you experience excessive swelling, severe pain, prolonged numbness, or signs of infection (e.g., fever, extreme redness, or warmth), contact your provider immediately at 587-855-4558 or via email at info@youthfulyou.ca.

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