

Dermal Filler POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

- I understand that I should **avoid significant movement or massage of the area(s) treated** with Dermal Filler, unless instructed otherwise by my provider.
- I understand that I must **AVOID strenuous exercise** for **24 hours after** Dermal Filler.
- I understand that I **MUST AVOID extensive sun or heat for 72 hours** following Dermal Filler treatment. I understand that I **MUST AVOID excess amount of alcohol** and **salt** in order to avoid excess swelling.
- I understand if **swelling occurs** after treatment, I can apply a **cool compress** for **15 minutes each hour**. I understand that I can take **TYLENOL** for any discomfort following treatment.
- I understand that I should **sleep face up** and **slightly elevated** if I **experience swelling** after treatment.