



POST FILLER TREATMENT INSTRUCTIONS

WHAT CAN I DO TO AVOID BRUISING AND SWELLING?

- Avoid consuming excess amounts of alcohol or salts.
- If you have swelling, you may apply a clean, cool compress for 15 minutes each hour.
- Use Tylenol for discomfort. Advil, Motrin, Ibuprofen may increase bruising.
- Try to sleep face up and slightly elevated.
- Take Arnica or Bromelain supplements. For best results, start at least two days prior to injections and continue for four to five days after injections.
- Bruising can typically be covered with makeup. (Examples: Dermablend Cover Cream or Colorescience Corrector Palette, both are available in our skincare boutique).
- Severe bruising can be treated with laser. Call our office if you need to schedule a laser treatment. Laser works best on dark purple bruises. Lighter blue, green and yellow bruises do not respond well to lasers. Please do not schedule laser unless your bruise cannot be completely covered with concealers or makeup. This is a \$75 charge.

HOW CAN I PROTECT MY INVESTMENT?

- Avoid significant movement or massaging of the treated area, unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Apply a topical hyaluronic acid to hydrate the skin and augment the effects of your filler. (ex: SkinMedica HA5, available in our skincare boutique)
- If you have any questions or concerns, please message us on Klara with photos and a description of your concern.