



The
Beauty Barn

Filler Post Treatment Instructions

- The majority of reactions to dermal fillers are redness, swelling, bruising, and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office. Arnica cream or tablets can help with bruising.
- Swelling is common immediately after injection (up to 48 hours) and will subside.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising, or swelling at the injection sites. If there is persistent swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sunblock with an SPF of 30 or greater, combined with zinc oxide and/or titanium dioxide.
- Patients should avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for 24 hours after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser.
- PLEASE NOTE: with dermal fillers, there is a small risk that the dermal filler could press on a small blood vessel and can cause issues. If you experience prolonged pain or have a skin color change (paleness, white or grey discoloration) within 24 hours after treatment, CONTACT the OFFICE IMMEDIATELY.
- Your satisfaction is important to us! We would like you to return to the office in 2 weeks to see whether a touch-up is necessary. Additional costs of medical treatment would be patients' responsibility would complications develop after dermal filler procedure.
- Remember your sunscreen daily.

*For any questions or concerns, you may call or text 678-824-5466
or email us at beautybarn427@gmail.com.*