



## AFTER CARE: POST DERMAL FILLER TREATMENT

- Note: no alcohol for 24 hours after treatment
- No increased blood pressure (i.e. sauna, hot tub, exercise, cardio) for 4 hours post treatment (*Helps prevent bruising*)
- It is recommended that make up not be applied until 1 hour after treatment to allow the skin to breathe
- Avoid excessive facial expressions and strenuous exercise for 4 hours after your treatment. (*This helps the product to 'settle' without disturbing the location where it was injected!*)
- Do not rub or massage the area for 24 hours unless instructed to do so (*Sculptra patients will receive instructions for massage*)
- Ice site for 15 min every hour for 1-3 days
- Redness and swelling may last for 1-2 days
- There is a risk of bruising which is only temporary and can be covered up with make-up.