



Dermal Filler

Post Care Instructions

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur and can last for 1-2 weeks.
- Avoid application of makeup, skin cleanser, or moisturizer for 24-hours post treatment.
- DO NOT massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment.
- Ice packs may be used in the treated area during the first 12-hours. Ice for 15-minutes every hour.
- Avoid dental work for 30-days after filler injections.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of 4 weeks (or as directed by your provider) before receiving any skin care or laser treatments.

- **IMPORTANT:** If you experience dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills, call us immediately at **515-707-3022**.