



DERMAL FILLERS

POST CARE

POST-TREATMENT CARE:

Dermal fillers are a gel-like product typically made of hyaluronic acid or calcium hydroxylapatite. Dermal fillers are used to restore volume loss and decrease signs of aging in areas such as the cheeks, lips, chin, nasolabial folds (smile lines), and jawline.

After a treatment, lumps, and bumps are normal, and should gradually resolve as the gel integrates with the tissue. Do not massage unless directed by your provider. Please contact us if lumps and bumps do not resolve within 14 days. Bruising may occur, follow the recommendations below regarding bruising.

Avoid scheduling dermal filler injections close to special events, as there may be swelling or bruising following your treatment.

Following your injections:

- Use cool compresses for 20 minutes at a time for about 4–6 hours post injections to reduce redness and swelling.
- You may take arnica tablets or apply arnica gel to reduce bruising.
- Avoid wearing makeup on the day of treatment.
- Do not have a facial massage or any facial manipulation for two weeks after injections.
- Avoid exposing the treated area to the sun, saunas, or tanning beds.
- Avoid any laser treatments to the treated areas for 4 weeks.
- Avoid taking aspirin, St. John's Wort, and non-steroidal anti-inflammatory (NSAIDs) medications for up to one week.
- Avoid alcohol for six hours after your treatment.
- Do not exercise on the day of treatment.

Please contact your team at Forever Young if you experience any of the following:

- Skin changes such as dusky discoloration
- Pain
- Loss of sensation
- Cold-sore outbreak
- Swelling that lasts more than 2–3 days
- Fever
- Bruising

If you have any questions or problems not listed here, please contact Forever Young Medical Aesthetics.