

## AFTERCARE – Soft Tissue Filler Injections

Soft tissue filler injection therapy to enhance and augment soft tissue of the face is a non-invasive, in-office treatment. Please follow these instructions:

- Do not bend over or lay flat immediately following treatment. This may increase any swelling you may experience. Sleep with your head elevated for the first day following treatment.
- You may gently dab on concealing cosmetics, but do not rub or apply pressure to the treated area. In some cases, you may be instructed to massage the treatment area. In other cases, you will be instructed not to massage the area at all. Follow directions for massage explicitly. Call our office if you have any questions.
- If your lips have been injected, avoid pursing your lips for the first few days after injection. This means sipping from a cup rather than a straw, and no pursing a cigarette.
- Avoid heavy exercise 24-48 hours after procedure, in an effort to decrease risk of swelling and bruising to injected areas.

The following are normal experiences that can occur following treatment:

- Tenderness or bruising at the injection site may last several days to a week.
- If you had an anesthetic block, you may experience increased swelling that should resolve in a few days.
- Asymmetry is possible: Opposite sides of your face and different facial regions may react differently including swelling and bruising. This is normal. If asymmetry is severe, is accompanied by acute localized pain, or is not corrected within 7-10 days following your injection, contact our office immediately.
- If you develop any nodules, lumps or uneven appearance in the skin, please call our office immediately.

**To alleviate any discomfort, and to reduce potential swelling you may gently, and without pressure, apply cool, not cold compresses to the treatment site.** Crushed ice or ice packs must be wrapped in a towel before being applied to the skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20-minute intervals.

You may also take over the counter pain medication if you experience any discomfort such as acetaminophen or ibuprofen.

**Hyaluronic acid based fillers**, such as Juvederm, Voluma, & Restylane. This type of filler can achieve your results with one treatment. These results of treatment with hyaluronic acid based fillers generally last 5 to 6 months. Swelling and bruising is common with any type of filler.

**The results of any injectable filler will need to be repeated approximately twice a year, if you wish to maintain your results.**