



Post Injection Instructions

- Keep head elevated above heart for 3-4 hours after injection.
- You may apply ice for swelling as needed.
- Take Tylenol as needed for any discomfort.
- If possible, avoid Aspirin, Vitamin E, Fish Oil, and St. John's Wort a week prior and 24 hours after injection.
- Avoid salty foods for 24 hours and stay well hydrated.
- Avoid the following: alcohol for 48 hours; vigorous exercise for 48 hours (walking and light yoga are okay).
- Avoid applying make up for 12 hours after injection and cleansing devices on treated areas for 3 days following filler injection.
- Avoid any type of facial massages, skin treatments, or laser treatments for 2 weeks.
- Try to sleep on your back for the first two nights following the procedure.
- If you have continued swelling, tingling sensation, blisters, pain at the site, or blanching (skin turns white) call the office.
- Avoid excessive UV rays from sun or tanning beds until initial swelling and redness has subsided.
- May use topical Arnica post care if bruising occurs for a week.

Duration of the filler varies with each individual. Repeat injections are needed to maintain optimal correction. Please discuss this with your Injectionist for appropriate scheduling and treatment.

If you have any additional questions or concerns, please call our office at (616) 888-3100.