



Tollgate Aesthetics

Skin and Body Sculpting Center

Post Dermal Filler Care:

- Immediately after the treatment, the most common side effects were temporary redness, swelling and bruising at or around the injection site. These effects typically resolve within 2-3 days.
- Cool compresses, (on for 10 minutes off for 10 minutes) for 4-6 hours post injections can help reduce the redness and swelling and can minimize the extent of the bruising.
- Use of Arnica may be useful for bruising.
- If the redness and swelling persist beyond 3 days, becomes worse or is accompanied by other symptoms, such as increased pain or fever, please contact the office.
- Avoid exposure of the treated area to intense heat (sun or steam baths, tanning beds) or manipulation (facials, massages, waxing, facial aesthetic treatments) for 2 weeks
- Avoid taking aspirin, St John's Wort, high dose vitamin E and non-steroidal anti-inflammatory (NSAID'S) medications such as, Advil, Motrin, Aleve, or ibuprofen, for one week following treatment. These agents may increase bruising and bleeding at the injection site.
- Avoid exercise and alcohol for 24-48 hours post treatment.
- Avoid facials and laser treatments for 2 weeks post procedure.

Contact the office for any of the following reactions:

- Swelling that increases after the first 24 hours, or is accompanied by increased pain, fever, or eruption of lesions in or around the treatment area.
- Fever
- Pain that does not resolve after 24 hours.