



Post-Treatment Dermal Filler Instructions:

- Avoid significant movement or massage of the treated area, unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling, you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort. Do not take more than 4000 mg of Tylenol per day. This amount may be less if you have elevated liver enzymes or abnormalities.
- Try to sleep face up and slightly elevated the night of the procedure and additional nights if you experience swelling.
- Take Arnica to help decrease the bruising and swelling.