



# DERMAL FILLERS

## PRE AND POST CARE

### POST-TREATMENT CARE:

Dermal fillers are used to add volume to your face, plump your cheeks, smooth facial wrinkles, and fine lines, lessen the appearance of burn, wound, and acne scars, and redefine the lips. Dermal fillers are the second most requested cosmetic treatment and a non-surgical way to replace lost volume and decrease signs of aging. In addition, dermal fillers give you natural and tighter skin with beautiful results.

Follow post-care instructions carefully to maintain the best possible results from your Clear+Brilliant Laser treatment. If you have any questions or problems not listed here, call GFaceMD, and we will be happy to help.

To maintain your treatment, follow the following post-care instructions:

- Use cool compresses for 20 minutes (20 minutes on and 20 minutes off) for about 4-6 hours post injections to reduce redness and swelling.
- Take arnica tablets or apply arnica gel to reduce any bruising
- Avoid makeup for the day
- Do not have a facial massage or any facial manipulation for up to two weeks after injections
- Avoid exposure of the treated areas to sun, steam baths, or tanning beds
- Stay away from any laser treatments to the treated areas for four weeks
- Avoid taking aspirin, St. John's Word, high dose vitamin E, and non-steroidal anti-inflammatory (NSAIDs) medications for up to one week.
- Avoid alcohol for up to six hours post-treatment
- Do not exercise for at least six hours post-treatment.
- Follow-up with your injector after 14 days
- Contact the office if you have any of the following reactions
  1. Outbreaks of cold sores
  2. Excessive swelling that lasts after 3 days or 7 days for lips
  3. Fever
  4. Pain that lasts longer than 24 hours
  5. Bruising
  6. Dusky discoloration of the skin
  7. Any questions you have regarding your treatment.

**For questions or if you have unusual or irritating problems at the treatment site, please notify your injector at GFaceMD at 871-524-3223.**