



Instructions for after your dermal filler treatment (Juvederm, Restylane, RHA):

- 1) **Avoid touching the area for 6 hours after treatment:** Manipulating the area can cause the filler to migrate outside of the intended treatment area. After 6 hours, you may gently wash the area with soap and water.
- 2) **Swelling:** You may GENTLY apply cool compresses to areas of swelling. Applying cold compresses for 20 minutes of each waking hour will help with swelling.
- 3) **Bruising:** Bruising is common after facial fillers. Bruises typically resolve within 3-14 days. If you experience bruising after your treatment, oral and topical Arnica Montana or Bromelain may help expedite resolution. Arnica Montana (an extract from a flower) and Bromelain (found in pineapples) are homeopathic treatments, and are available over-the-counter.
- 4) **Avoid Makeup for 24 hours:** If the pigment from the makeup gets into the dermis at the injection site, this may cause tattooing of the skin.
- 5) **Avoid facial aesthetic treatments for 1 month:** This includes HydraFacials, microneedling, laser treatments, chemical peels, and radiofrequency treatments.
- 6) **Avoid alcohol and exercise for 6 hours after treatment.** Alcohol consumption and exercise may contribute to bruising.
- 7) **Avoid air travel for 2 weeks following treatment.** Changes in cabin pressure can contribute to complications with facial fillers, such as infection and additional bruising.
- 8) **Cold Sores:** If you have a history of cold sores, injections around the lips may contribute to recurrence. Discuss this with your provider if you have a history of cold sore formation.
- 9) **Lumps and bumps:** It is not uncommon to be able to feel the filler under your skin. If you notice visible lumps or bumps immediately after your treatment, these typically resolve within 2 weeks. If you notice persistent lumps or bumps, call our office for evaluation. If you notice late-onset nodule formation, (nodules that develop at least 2 weeks after treatment) this may be a sign that your body has developed a reaction to the filler, which is uncommon. Please call our office for evaluation, as many of these are treatable.

Call immediately if you experience any of the following symptoms after your filler treatment: Blanching of the skin, skin discoloration (apart from minor bruising), change in your vision, eye pain, continued pain at the injection site.

If you are concerned about anything you consider significant, please call Ballert Medical Aesthetics at 270-534-5641.