



Dermal Filler Post-Treatment Guide

Bruising: Bruising is the most commonly reported post-treatment concern. Bruising can be unpredictable and can be very noticeable. Bruising can last for 2-14 days. Treatment for bruising includes the following:

- Ice for the first 24 hours, 20 minutes on and then off.
- Warm compresses after 24 hours, 20 minutes on then off.
- Arnica is an oral and topical homeopathic medicine. Oral medication is to be taken as directed. Topical can be applied 3 times daily, or as needed to the injected area. Arnica cream is for bruising and prevention of long term bruising or staining. It is highly recommended for tear trough injections or any person that may bruise easily.

Swelling: Swelling occurs commonly and the treatment for swelling is as follows:

- Ice for 20 minutes on and then off until swelling is improved, usually within 2-3 days for lower face injections. Tear trough injections usually have 2-14 days of swelling.

Cold Sores: If you are having injection of the lips and have a history of cold sores, you need to take an anti-viral medication to prevent an outbreak. A prescription can be obtained from our office. It is recommended this be started 24 hours prior to the treatment. Please make your provider aware at the time of consult.

Thickness

In Area: Bulkiness of thickness of the area of injection is common. You may be able to feel the product placement for 2-4 weeks. No treatment is necessary.

Lumps: Distinct lumps are uncommon. If you have a pearl-like lumpiness, please call our office to discuss. This will often not be addressed until 2 weeks post injection as bruising and swelling can mimic lumpiness.

Discomfort/

Pain: Advil or Tylenol can be taken for any soreness after injection which is common. **If you notice any grayness of the skin or a dramatic increase in pain please call the office immediately at (860) 999-4865.**

Patient's Name (printed): _____ Date: _____

Patient's Signature: _____