



Post Filler Instructions

Immediately after your treatment, there may be slight redness, swelling, tenderness, and an itching sensation in the treated area. This is a normal result of the injection. This skin irritation is temporary and generally disappears in a day or two.

The initial swelling after treatments will be most noticeable in the first 2-3 days. Most patients experience some degree of swelling for about a week, and **traces of swelling can last three weeks**. During this time the injected area can look or feel somewhat uneven or lumpy. This means that the result directly after the treatment should not be seen as the final result. Try not to worry over lumps or asymmetry during the first 3 weeks. **It may take 2-4 weeks to even out**. Usually everything blends nicely by three weeks. Do NOT attempt to massage out lumps, you can move the filler out of place. Have us do any adjusting or molding after swelling has completely resolved.

If you liked the appearance when the area was swollen, then you would probably like more filler, which can be done any time after three weeks. The degree of improvement in your target area is **dose dependent**: more filler gives more correction. After 3-6 weeks, you may want to re-evaluate the need for additional treatment. Deep or sharp lines will not go away completely, but they will soften in appearance. You do not need to wait for filler to fully dissolve before adding more. You can intensify the degree of improvement by "building on the base" of existing filler, for example many people get a syringe every six months to top off the areas they've had fully treated.

After any treatment with fillers, you may **FEEL** lumpy and/or bumpy for a few weeks or even months afterwards. This is normal. The key is **not** to **SEE** the lumps after 3 weeks.

Avoid touching the treated area for 3-4 hours following the injection. After that, light make-up can be applied and the area can be gently washed with soap and water.

Applying ice to the area, on and off, will help with aching and swelling for the first 24 hours. Lips often swell more than other areas and may benefit from longer icing or elevating the head of your bed. Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (i.e., sunbathing or tanning bed) or extreme cold. Avoid sun exposure until the puncture marks heal, to decrease the risk of hyperpigmentation.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. If you feel like a sore is developing, begin treatment immediately to decrease the severity of an outbreak.

If you are using aspirin or any similar blood thinning medication, be aware that these may increase the bruising and bleeding at the injection site. You may take Tylenol for discomfort. If taking Arnica, continue for two more days, applying Arnica cream every 2 hours.

Please avoid alcohol and significant exercise for 12 hours following the injection and be sure to drink plenty of water to stay hydrated.

After 3 hours the Lidocaine wears off. Aching and tenderness are very common. Jaw or tooth pain can happen in the first day or two after cheek filler. Any discomfort should be similar to what you would feel after being punched. However, if you feel any excessive heat, pain, or burning in or close to the injected areas, please call us immediately at 360.848.7946. While bruising can show up gradually, a significant paleness or non-bruise darkness in or near the injected area could be a sign of a blood vessel problem and needs evaluation and possible intervention right away. Call us right away or go to the ER if it's after hours.

Feel free to set up an appointment after three weeks if you want more filler, need something adjusted, or have questions about your results.