



116 W 23rd Street, Suite 500 - Unit #18.  
New York, NY 10010  
(212) - 647 - 1930

### **POST CARE - DERMAL FILLER**

- Bruising, temporary minimal to moderate swelling, tenderness, and "firmness" may occur after treatment and last anywhere from a few hours to a couple of days.
- Tylenol(Acetaminophen)may be taken for any mild discomfort or tenderness. Antihistamine (Benadryl, Zyrtec, etc) has proven to be helpful in reducing swelling faster.
- Sleeping slightly elevated for two nights following treatment can help to minimize swelling.
- Cool compresses may be applied to the treated area/s, avoiding pressure.
- Make-up is not recommended for the remainder of the treatment day.
- You may cleanse the area/s after treatment, avoiding rubbing or massaging. Use gentle, sweeping motions to avoid excessive mobility of the area/s.
- Avoid strenuous exercise or activity for 24 hours following treatment.
- Avoid extended UV exposure until any redness has subsided. Apply SPF30 or higher to treated area/s.
- Wait at least 4 weeks before receiving any laser treatments and 2 weeks before skincare treatments/facials/etc.

Please always feel free to call or text the office with any questions or concerns at 212- 647- 1930.