



## **FILLERS**

### **Post-Treatment Instructions**

Slight redness, bruising, swelling, tenderness, and itching can occur immediately after treatment lasting up to 1 week. You may gently apply cool compresses on the area. Avoid putting pressure on the treated areas.

The swelling after lip treatment may be more noticeable. During the healing process, the lips can look somewhat uneven. Remember that this is not your final result.

For the next 24 hours:

- Avoid strenuous exercise
- Avoid excessive sun or heat exposure
- Drink plenty of water
- Avoid alcohol and highly salty foods
- Avoid heavy chewing (i.e. steak)

It is normal to feel a firmness or heaviness in your injection area. This softens over time. It is also normal to feel lumps and bumps. If there are any visible bumps 2 weeks after treatment, please call the office.

Do not massage the area as this may displace product.

Avoid facials and other cosmetic treatments for at least 2 weeks after treatment.