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FILLER AFTER CARE

Apply cool compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.

Expect treated areas to be red, slightly swollen and bruised for the first 2-5 days.

You may take acetaminophen (e.g. Tylenol) if you experience any mild tenderness or discomfort.

Massage the treatment areas only if instructed to do so. For example, for Sculptra, follow the 5-5-5 rule:

Massage 5 minutes, 5 times a day, for 5 days.

AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities and routines immediately.

AVOID hot showers or saunas for 6 hours after treatment as they can worsen bruising.

You may continue taking Arnica supplements, apply topical Arnica gel or try eating fresh pineapple as these may help to alleviate bruising.

Bruising may be covered with makeup. We can also do laser treatment to help your bruising heal faster.

AVOID aspirin, ibuprofen and all supplements above if okay with your physician for 1 week, as they may increase your potential to bruise.

Wait 2 weeks before receiving any facial or massage treatments.

You will see results immediately after treatment today but there will also be a degree of swelling present for possibly up to 72 hours. You will see the final result usually within 2 weeks.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours. We are happy to speak to you any time (561) 296-5222.