



POST CARE INSTRUCTIONS FOR DERMAL FILLERS (Restylane, Juvederm and Teoxane)

Hyaluronic acid filler has been placed under the skin during your treatment.

You may experience pain, bruising and/or swelling of your treated area for up to 2 weeks.

After your treatment and for the next 2-3 days:

- You may gently apply mineral based makeup
- Do not manipulate the areas that have been treated
- Treat skin gently, wash with a gentle cleanser, cool water and using hands only – pat dry
- Avoid blood thinners to reduce the change of bruising – this includes Aspirin and Advil
- You may take Tylenol if you are having pain
- Ice is your friend – this will help pain and swelling
- Avoid extreme heat or cold
- Avoid strenuous exercise
- Avoid facial massage or skin resurfacing until you are 2 weeks post treatment

If you notice any increase swelling, blanching (pale skin), extreme pain or abnormal bruising (veins forming in a netted pattern) to the area you have had treated, please call the clinic immediately.

Our clinic would like to see you back in 2 weeks for routine follow-up. Please book the day of your treatment or call us at your earliest convenience at 778.478.9695