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## Post-Filler Treatment Guidelines

Dermal fillers (Restylane - all types, Juvederm - all types, Radiesse) are a non-surgical cosmetic treatment to reduce facial lines and wrinkles, and create a fuller more youthful appearance.

### Side Effects

The intensity and duration of your side effects depends on the treatment and your individual bruising and healing characteristics, but usually can last a week or longer after your treatment.

- **Swelling:** If there is any, you will notice most of the swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts 2-3 days. To minimize swelling:
  - Apply cold compresses to the treatment area for 10 minutes every hour.
  - Sleep with head elevated the first night. Use as many pillows as you can tolerate.
  - Take Arnica and Bromelain as described in our anti-bruise protocol.
  - The initial swelling after treatment of the lips may last longer. Some patients experience swelling for up to a week.
- **Redness:** You may apply makeup immediately after treatment, if you wish to camouflage.
- **Tenderness/Pain:** You may take Tylenol or Advil if necessary.

### After Treatment Skin Care

- **Avoid excessive sun and heat** until the initial swelling and redness resolves. This includes aggressive exercise.
- **Avoid squeezing and massaging of the treated areas** for at least 4 hours after treatment. This may subtly change the shape we're trying to achieve.
- **Sunscreen:** Proper and frequent application is always important. We recommend the Elta MD line - ask us for a recommendation for your specific needs. Apply 20 min before going outside and repeat every 2 hours if you are in the sun.
- **Prednisone:** If you were given a prescription, take two 20mg tablets the day of treatment, then one table once a day for the next 3 days. Always take this with food.

**If you have any additional questions or concerns, please do not hesitate to call us: 412-683-3358**