**Filler Aftercare:**

**Bruising and Swelling** – ICE, rest, and elevate head as much as you can for the first several days. Ice 20 min. on and 20 min. off – 5 times a day.

**Arnica** is an OTC medication that can be bought and used to prevent bruising

**Pain or Tenderness** at Injection Site – Tylenol or Motrin is usually all that is required. Follow over the counter instructions.

**Massage**- mold lips the night of injections, next morning and night and next morning

**Lumps or Bumps** – massage with light pressure to the area for 1 min.  DO NOT massage bruised areas

**Redness, Welts, Extreme Swelling, or Itching** – take Benadryl -Use over the counter dosing.

**Avoid** alcohol, laying down for 4 hours, strenuous activity, and make up for 12 hours

**Results** – Understand Realistic Results.  Additional treatment needed that requires more product will have an additional expense.

**Signs and symptoms can last for up to 2 weeks**

Fillers are gradually absorbed over time and can vary in time per person.

More filler can be added for desired look after 1 month.

Fever, signs of infection, vascular complications, skin necrosis, SEVERE pain or difficulty breathing should be treated at your nearest emergency department.