

## Post Injectable Treatment Instructions

*All of our Hyaluronic acid (HA) dermal fillers can take a few days to settle. During the first 48 - 72 hours it is normal to experience distorting swelling, bruising, and soreness at the injection sites. Avoiding blood thinners, fatty or high sodium foods, alcohol, caffeine, nicotine and overall keeping a clean diet over the next few days can help with this.*

1. Do NOT touch or massage the injected area post treatment. Most lumps or bumps are due to swelling and will go away on their own.
2. If you are scheduled for a laser or chemical peel in the next 2 weeks, please let us know.
3. Avoid skincare products containing Vitamin A or harsh exfoliants 2-3 days post treatment.
4. Avoid wearing makeup or lip products the day of your treatment. We want to keep the injection sites free from anything that may harbor bacteria. It is okay to use makeup 24 hours after your injection. If you have had a lip injection, we will provide you with Vaseline to use on your lips.
5. Avoid vigorous exercise during the first 24 hours post treatment.
6. During the first 24 hours, avoid all activities that would involve submerging head under water. This includes: bathtub, hot tub, pools, and beaches.
7. We recommend the use of a homeopathic supplement called Arnica Montana the day of your treatment to reduce swelling and bruising. This can be purchased directly at our office and is less than ten dollars.
8. You may intermittently ice the treatment area during the next 24 hours to help with swelling. *\*\*Please be aware that excessive cold on the skin can be damaging. So please be cautious to not use very cold ice packs or apply for greater than 10 minutes without giving your skin a break from the cold.*
9. **Please report to us immediately if you suddenly experience increased pain, swelling, redness, hard nodules, blisters or itching, days, weeks or even months following your treatment.**

**You may reach us at 952-567-7151. Thank you!**