

POST-OPERATIVE INSTRUCTIONS FOR COSMETIC FACIAL FILLERS

In the hours following the procedure, avoid extreme facial expressions, alcohol consumption, sun exposure and saunas or hot tubs.

Numbing effect generally wears off in approximately 2 hours. There are a few rare instances where you may experience a transient numbness or pins and needles feeling in the lips or area around the mouth, which could persist as long as 10 days. This feeling will go away 100%.

Swelling after your procedure is normal. The majority of the swelling will go away within the first 48 hours however some mild swelling may persist for up to 2 weeks. Ice may be used in a 20 min on 20 min off schedule and many people find bags of frozen peas to be the best possible way of administering the ice. This is best the day of your procedure. Apply a **wrapped** ice pack to the treated site to reduce swelling. Avoid putting ice directly on the skin.

Bruising and redness in the area of injection is common post injection and may last between 2-10 days. Please be advised that makeup can be applied to cleansed skin 30 minutes after the procedure. Green cover up is used for the rare bruise that is difficult to camouflage. Small red dots may be seen in the injected areas. These will go away with time.

****Call the office if you develop pain, and a red, purple lacy pattern that feels warm. These are all signs of an occlusion. If there is draining from an injection site it may be a sign of infection. ****

If you have a bruise that is red or purple you can call the office to make an appointment for a complimentary laser treatment to the area. This treatment will not make the bruise go away immediately, but will help it resolve faster. Please be advised that if there is any green or yellow color in the bruise the laser treatment will not be effective. We also offer a complimentary sample of cover up makeup to help camouflage the bruising and a line of products to purchase.

Arnica Montana is used in oral form or ointment preparations for bruises. Arnica preparations used topically act as an anti-inflammatory and assist normal healing processes. Arnica creams as well as oral supplements can be purchased wherever vitamins are sold.

A *NOTE ABOUT BUMPS*. Two different "bumps" may be noted by patients after injections:

DEEP BUMPS - Fillers attract inflammation initially and are denser than your skin and subcutaneous structures. Therefore, you may be able to feel firm nodules under your skin after your procedure. These are usually not noticeable to the eye and rest assured that the product will soften and these bumps will go away. Bumps and increased swelling may occur at an area of a bruise.

SUPERFICIAL BUMPS - In patients who have thin skin or in those receiving superficial injections for fine lines, the filler may attract fluid to the surface of your skin and present with superficial bumps. These can be remedied with either time (1-2 weeks) or may require massage. If bumps persist more than 2 weeks please call the office for an evaluation.

Please be patient with the healing process and wait at least 7-10 days before judging the outcome of your procedure. If necessary, we can touch up the affected area(s).

If you have any questions or concerns about your procedure, don't hesitate to call our office Monday- Friday at 303-532-2810 or for concerns after regular business hours at 720-442-3531.

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