

COSMETIC FILLER POST CARE INSTRUCTIONS AND INFORMATION

Do's

- Apply cold compresses to the treated area immediately after treatment to reduce your risk of bruising and swelling. You may continue using cold compresses for up to six hours if desired.
- You may gently cleanse your face and apply moisturizers and make-up.
- Apply Bruise Cream (Arnica Montana) to treated area two to three times a day for several days or until any bruising has resolved.

Don'ts

- Avoid strenuous aerobic activity for 12-24 hours
- Avoid excessive touching or massaging treated area for the first 24 hours.
- Until there is no redness or swelling, avoid exposure of area to intense heat (sun lamp or sun bathing).
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E supplements for one week after treatment. These agents may increase bruising and swelling at the treated areas.

Advice

- If you previously suffered from facial cold sores, there is a risk that the needle puncture sites could contribute to another occurrence. Speak to Dr. Nishioka about medications that may minimize a recurrence.
- After your swelling has diminished, if you feel lumps or bumps, you may VERY GENTLY massage them with a slight rocking motion using the pad of your middle finger. Do not press too hard! These lumps or bumps are not visible, but you may feel them when washing or touching your face. With time they resolve.