

Filler Post-Care Instructions:

1. Do NOT rub or massage the treated areas for 24 hours after your treatment.
2. Do NOT do strenuous exercise the day of your treatment.
3. Avoid facials or saunas the day of your treatment.
4. Do NOT apply makeup or skincare products to the treated areas for 4 hours after your treatment.
5. Do NOT lay down on the treatment area for 4 hours after treatment.
6. Tiny bumps from the injections will go away within a few hours.
7. Should bruising occur, this will settle down over a few days.
8. Swelling is normal after filler treatment and will settle over 2 weeks.
9. Filler treatments. are temporary with longevity varying by treatment area and from person to person.
10. Optimal results require regular repeated treatments.