



## DERMAL FILLERS: HYALURONIC ACID INJECTIONS – POST CARE INSTRUCTIONS

- No vigorous exercise for 24 hours.
- No facial or massage for 7 days.
- Tylenol is OK if you experience residual discomfort, but avoid ibuprofen or aspirin for 3-4 days.
- Gently ice the treated areas for 15 minutes each hour the first day. Do not freeze.
- Arnica tablets every 2 hours on day 1, then every 6 hours the next 2 days.
- Avoid hot water or steam to the face for 2-3 days.
- You may expect swelling or possibly some bruising of treated areas for several days up to a week. Cold compresses (a cloth dipped in cold water, wrung out, and applied to the injected area) may be used immediately to reduce swelling.
- Initially the treated areas may feel full and firm but will soften over the next week.
- If small bumps are noted, you may gently roll over the area with a Q-tip to smooth. The hyaluronic gel remains malleable for up to a week.
- Be gentle with your face for 3-5 days. In general, avoid any activity that would increase circulation to the face, and therefore increase swelling and/or bruising.
- Avoid sun or extreme cold for 3 days.
- The faint ridges remaining from the arque derma lift procedure may remain visible for 1-2 weeks. Thereafter, you may press down gently to hasten their resolution.

*If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your healthcare professional about medications that may minimize an outbreak.*

IF YOU HAVE ANY QUESTIONS OR  
CONCERNS, PLEASE CONTACT US AT THE  
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