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Aftercare Instructions for Fillers

- After the procedure, there may be some temporary swelling, redness, or minor bruising at the injection sites. This usually subsides quickly. Makeup can be applied immediately after the treatment.
- You may apply a cold compress to the treated area every few hours as desired to decrease swelling, discomfort, and to reduce the risk of bruising.
- You may sleep with an extra pillow as needed for a few days to help diminish swelling.
- Avoid touching the treated area for 6 hours following treatment. After that, the area can be gently washed with soap and water.
- Please avoid exercise and alcohol for 24 hours after your treatment.
- Please continue to avoid medications that thin the blood (anticoagulants) for one week after treatment to prevent increased bruising or bleeding, unless directed by your physician to continue them. These include: aspirin, ibuprofen, Motrin, Aleve, ginseng, ginkgo, high dose vitamin E, and St. John's Wort.
- To allow the material to become incorporated in the correct location, please avoid smoking or chewing gum for 3 days following your treatment.

Dermatology & Dermatologic Surgery Group of Northern Virginia, PLLC

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- Please avoid exposure of the treated area to extreme weather conditions such as cold, heat or sun for the first few days following your treatment. A good rule of thumb is to wait until the initial swelling and redness have resolved.
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consider scheduling your next treatment as soon as you notice your results beginning to diminish.
- ENJOY!