

# Filler Aftercare

Swelling, redness and bruising and pain can occur

Herbal supplements, such as Arnica, may be used to decrease bruising and swelling.

Do NOT touch, rub or manipulate areas of injection unless instructed by your practitioner.

Avoid extreme heat (sun exposure, sauna, hot yoga, tanning beds) for 2-3 days.

Avoid strenuous activity for 2-3 days.

Avoid application of make-up for at least 24 h.

Avoid air travel after treatment for at least 72 h.

Avoid dental work at least 2 weeks after receiving the treatment.

Discontinue use of retinol products for 2-3 days.

Contact your practitioner immediately if you experience increased pain or swelling after your treatment