

Glam +Glo Medical Aesthetics Lounge

Post Dermal Filler Instructions

-It is advised that you NOT take Aspirin, Advil, Aleve, or Ibuprofen for 24 hours – it will increase your chances of bruising (take Tylenol if you experience a mild headache, which occasionally happens).

-Take Benadryl as directed over the counter for any welts, redness, or itching

-Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site.

This is normal and generally disappears within a days-week.

-Swelling is normal following your treatment with injectable fillers and may last for several days up to a week. Due to swelling, temporary lumpiness or asymmetry may also be present and should resolve with time.

-We recommend giving the filler a solid 2 weeks to settle in before any additional filler is added to the same area.

-Arnica cream and tablets and bromelain tablets can reduce or resolve potential bruising. These items can be found at any local pharmacy, and can be taken prior to treatment to help further reduce bruising.

-You may gently ice the area post treatment, but use light pressure. Do NOT press firmly on treatment areas for 4 hours.

-You may take acetaminophen (Tylenol) to reduce any pain as necessary

Within 6 to 10 Hours of Treatment

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.

- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.
- Minimize movement of the treated area(s). However, if there is a visible bump, you can gently massage the area. Firm, tender bumps are typically bruising and we do not recommend massaging these areas. They will resolve on their own. Depending on the areas treated and the product used, you may feel overall "firmness". These areas will soften and settle with time (usually 1-2 weeks)
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser.

Please Contact Us Immediately if You Experience

- Fever and/or chills
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Discolored blotches in areas not injected or blanching of injected areas

Additional Post Treatment Recommendations

- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Products containing Vitamin-C can strengthen the skin and improve laxity and texture. Additionally, use of Tretonoin (or Retin-A) helps rebuild cells in the skin's epidermis (or top layer). Over time, Tretonoin can strengthen skin, improving firmness and resiliency. Tretonoin (Retin-A) is available for purchase through Glam + Glo Medical Aesthetics Lounge, Inc. Products, like Skin Ceuticals HA Intensifier can also help accentuate and elongate treatment by adding hydration and boosting natural hyaluronic acid in the treatment area.

- 98% of skin damage (aging, wrinkles, dark spots, and hyper-pigmentation) is caused by sun damage. Wearing sunscreen is critical to maintaining the look and health of your skin. Sunscreen should be re-applied after every 4 hours of sun exposure. We recommends a sunscreen with an SPF 50 or greater.

Please see our Frequently Asked Questions section for more information.