

lachele

AESTHETICS & WELLNESS

Dermal Filler Post Treatment Instructions

Juvederm Voluma, Ultra, Ultra Plus, Volux, Vollure, Restylane Contour, Lyft, Defyne, Refyne, Kysse, Eylight, Teoxane RHA Redensity, RHA2, RHA3, RHA4

- Immediately after the treatment, there may be **slight redness, swelling, tenderness, bruising and or itching** at treated site. This is a normal occurrence after injection. This is temporary and generally disappears within hours to a few days. Bruising in all treated areas may last 1-2 weeks. **Downtime can last up to two weeks if swelling and or bruising.**
- **Acute and worsening pain is NOT normal.** If this occurs please apply heat to area, and call Dr. Espinoza's cell phone listed below **immediately.**
- Initial swelling after lip injections may last longer due to the sensitivity of the area. Some patients experience swelling for up to a week, and the lips may appear uneven or asymmetrical during this time. This is normal, and **final results should not be assessed immediately but rather after about two weeks, once bruising and swelling have subsided.** If any lumps, bumps, or asymmetries remain *after* two weeks, we can have you return to the office for a follow-up appointment.
- The treated areas may be cleansed as normal. If necessary, light **make-up may be applied only after twelve hours** post treatment.
- Until the initial swelling and redness have resolved, **do not expose the treated area to intense heat** (*i.e.: sun tanning, saunas, hot showers, and sun bathing*). Do not apply ice or cold compresses immediately after filler unless otherwise instructed by your provider.
- **If you are prone to cold sores** (*Herpes Simplex A*), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- If you take **Ibuprofen, Motrin, Advil, Aleve, Aspirin, multivitamins and fish oil**, be aware that these may increase the bruising and bleeding at the injection site.
- Avoid drinking hot beverages for 2 hours after treatment if local anesthetic (*numbing cream*) is used during your lip filler treatment.
- **Avoid any dental procedures within 2 weeks** of filler.
- Avoid eating salty foods for the first 24 hours after lip filler. This can increase swelling.
- Avoid wearing goggles for the first 7 days after under eye filler.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908)303-5694. You can also email us at team@lachele.com