

Dermal Filler Post-Care Instructions

R+ Med Spa



Post-Treatment Recommendations:

- Apply ice, as needed, to reduce swelling.
- Arnica can help with bruising and swelling.
- Avoid any **massaging** to treated areas.
- Avoid **makeup** for 4 hours after injections.
- Avoid strenuous **exercise** for 24 hours.
- Avoid consuming **alcohol** for 24 hours.
- Avoid saunas and steam baths for 3 days.
- Avoid dental procedures for 2 weeks.
- Avoid prolonged sun or UV exposure for 2 weeks.

Anticipated Reactions and Side Effects:

- Bruising
- Tenderness
- Swelling
- Redness
- Lumps/bumps

Notify your provider immediately if you experience:

- Severe increase in pain
- Dusky or white discoloration
- Mottling or unusual bruising
- Increased warmth or coolness to touch
- New onset fever, rash, chills

If you experience any of the beforementioned side effects, contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: _____
