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Care Sheet for Filler

- **Bruising:** Some bruising is normal and may last for 5-7 days. Aspirin, Vitamin E and non steroidal anti-inflammatory drugs such as Ibuprofen may make the bruising worse. Tylenol is a good alternative if you are experiencing discomfort. Arnica and bromelain may help to reduce bruising.
- **Redness:** You may apply makeup immediately after treatment to minimize redness.
- **Tenderness/Pain:** There may be minimal discomfort for a day or two. We recommend using Tylenol as directed on bottle.
- **Swelling:** Swelling is normal and swelling may be uneven. Swelling is typically the worst two days after treatment, particularly the under the eyes. To minimize swelling:
 - Sleep with your head elevated the first night. Use as many pillows as you can tolerate.
 - Apply cold compresses to treated areas to help with swelling for 15-20 minutes, 3 or 4 times a day if needed.
 - You take an antihistamine or Arnica Montana/Bromelain supplements, which can be found at your local pharmacy.
- **Lumpiness:** Some lumpiness is normal. Give two to three weeks for everything to settle
- **Avoid putting pressure on or massaging the area** for several hours after treatment, as this may subtly change the shape we are trying to achieve.
- **Avoid strenuous exercise and alcohol** for 24 hours post treatment.

- **Dental Work:** No dental work for 2 weeks after filler.

- **Additional Treatments:** Some patients need more treatments for optimal results.

If you have any questions or concerns, we are here for you. Please call or text our office at (415) 839-8118.

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