



Post-Treatment Instructions Following **Dermal Fillers (Juvederm, Voluma, Radiesse)**

- Apply cool compresses to the area/s treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin). You will be provided with a gel pack to assist with this cooling before leaving the office.
- You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided. Mineral makeup works well.
- DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle sweeping motions to avoid excessive mobility of the area/s.
- AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.
- AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid.
- We recommend you wait a minimum of 2 weeks before receiving any skincare or laser treatments

If you have any questions or concerns, or experience an unexpected reaction, please do not hesitate to contact us at 203-202-7688.