

## **Dermal Filler Post Care**

1. Swelling, redness, firmness, itching and tenderness may be present for up to two weeks. Use of cool packs may be used as needed without applying too much pressure
2. Sleep with your head elevated to reduce the amount of swelling.
3. Do not massage or put pressure on the treatment area, unless instructed by your injector.
4. Do not do strenuous exercise or anything to raise your core body temperature for 24-48 hours following your injection.
5. Avoid direct sunlight or extreme cold weather until initial swelling and/or redness has subsided.
6. Wait 4 hours to apply cosmetics or moisturizers to the treatment area.
7. The results will be immediate, but its best effects are noted after swelling has resolved, which can take up to two weeks.
8. Tylenol/Motrin may be used as directed for any discomfort after injection
9. Cetirizine HCL 10mg (Zyrtec) and Ranitidine 150mg (Zantac) may be taken as directed to reduce swelling.
10. Lumps, bumps, or irregular, asymmetrical areas may be noted, especially once swelling has subsided. It is normal to feel these lumps and bumps; however, they should not be visible. Massage can be done at two weeks to soften lumps and bumps, but not before unless otherwise directed by your injector.
11. Any severe swelling, itching, redness, increasing discomfort, abnormal coloring, or discharge from the treated areas should be reported to your injector ASAP.
12. Periodic treatments will help maintain the desired level of outcome.
13. It can take up to TWO weeks for swelling and any bruising to subside. If additional filler is desired in an area of previous treatment, we require you to wait until the 2 weeks has passed.
14. Please call or text Juicy Aesthetics at 503-610-3248 with any questions or concerns.

## Dermal Fillers

### What are dermal fillers?

Dermal fillers are comprised of hyaluronic acid, a natural occurring substance in the body. As we age, our body's natural ability to produce hyaluronic acid diminishes, resulting in wrinkles, loss of volume, loss of elasticity, and dullness. Injectable filler reverses or prevents signs of aging by replenishing our bodies supply of hyaluronic acid. Filler adds volume, sculpts, hydrates, smooths and reshapes the face by replacing structure and vibrance that may have dissipated with the natural aging process. At Sol Skin and Wellness, our goal is to never make you look fake or plastic looking. We utilize natural approaches to simply enhance your natural beauty to give you the look you desire. We utilize a myriad of fillers among Juvederm, Revanesse, and Restylane products.

### Commonly treated areas:

- Full facial balancing
- Lips
- Nasolabial folds or smile lines
- Smoker's lines
- Cheeks
- Chin
- Jaw
- Under- eye hollowness

### How much does Dermal Filler cost:

At Juicy Aesthetics, we charge \$650/syringe. Book a free consultation to discuss your aesthetic goals and to determine what that will require! We will set up a budget-friendly plan to get you where you want.

### How to prepare for your treatment:

Please avoid taking any blood-thinning medication a week prior to your appointment such as NSAIDs (Ibuprofen, Aleve, Motrin, Aspirin), fish oil, Vitamin E, St. John's Wort, as well as avoiding caffeine and alcoholic beverages for 2 days prior to the appointment, if able. These can greatly increase your risk of bruising. To further decrease risk of bruising, you may take Arnica Montana pills 3 days prior to your appointment. On the day of the procedure, you may take Tylenol and an antihistamine, such as Zyrtec, to reduce swelling and pain.

### What to expect at your appointment:

Your provider will greet you and will take before pictures so we can track your progress together. We then will perform a thorough facial analysis and discuss your aesthetic goals. We will discuss in depth about what you want, procedure recommendations, risks/benefits, and expectations. Once a treatment plan is agreed upon, we will apply topical numbing or a dental block (for lip filler) to lessen discomfort. We cleanse the area superiorly and get started with

the fun! Injections can be slightly uncomfortable but we at Juicy Aesthetics have an array of tools to minimize discomfort and to make this an enjoyable experience!

When will you see results:

Unlike Botox, you will see results instantly! However, expect about a week of bruising and swelling, depending on the treatment area.

After the treatment:

**POST CARE INSTRUCTIONS**