



Avoid significant movement or massage of the treated area for 2 weeks- **unless instructed by clinician**



Avoid extensive sun or heat for 72 hours (no sauna, no hot tub)



Be gentle when doing skin care. Dry your skin gently, do not rub.



Avoid consuming alcohol or salts to avoid prolonged swelling



Make-up may be applied after 24 hours. Do not apply makeup the day of treatment



Avoid strenuous exercise for 24 hours



If advised by your clinician, you can apply a cool compress or ice pack for 20 minutes each hour to reduce swelling



Try to sleep face up or slightly elevated. It will help with swelling and will limit the risk of moving the filler



You may take or **gently** apply arnica to help with bruising and swelling

Wait a minimum of 2 weeks before dental work, immunizations, laser treatments, or spa services. Dermal fillers last on average 12-24 months. It is recommended at the time of treatment to schedule your next appointment to maximize the benefit. In the meantime, please call the office at (404)-832-0300 if you have any questions or concerns.