

## **Filler Post-Care Instructions**

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After your injections PLEASE do not touch the injection site after leaving the office.

1. Try not to use the muscles in the area for at least two hours after injections. The product needs time to “set”.
2. Your first night post treatment, we do recommend that you sleep on your back to ensure that you do not disrupt the placement of the product.
3. During this time avoid strenuous exercise, extensive sun or heat exposure, non – steroidal anti-inflammatory medications (such as Advil or Motrin), and alcoholic beverages for the first 24 hours.
4. Please wait 4 hours before applying make-up.
5. Possible treatment responses you may experience include:
  - a. Swelling---50% is resolved in the first 24-48 hours after treatment; this is dependent on the product used and each individual patient’s response. Swelling can last as long as 3-5 days with some fillers, lips tend to swell more from the injections and it typically takes longer for swelling to dissipate -5-10 days.
  - b. Pain at the injection sites lasts for hours to several days.
  - c. Redness at the injection site could last up to a week.
  - d. Lumpiness at injection sites can last up to a week, sometimes longer with lips.
  - e. Bruising may occur and can last up to 7 days, if present ice can be gently applied to your treatment area. If bruising persists, you may want to purchase Arnica which is a natural herb that helps to eliminate bruising and swelling.
6. You can purchase Arnica at most natural food stores (Sprouts, Whole Foods, and Natural Grocers) for pain.



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**If you have any questions or concerns please contact us at**

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