

## Dermal Filler Post Care Instructions

- Day 1: Apply ice to treated areas as needed (a frozen bag of peas works best) Do not ice for more than 5 minutes at a time.
- Do not apply make-up or skin care products to the treated area for 12 hours post injection.
- You may take 600mg of Motrin and one Benadryl at bedtime with food to help reduce swelling that commonly occurs the follow morning.
- Day 4: A laser may assist in removing dark red or purple bruises. It is not effective on yellow or light blue colored bruises. There is a \$50 fee per treatment for this service.
- In some cases there is an appearance of the product through the skin known as “**TYNDALLING**.” This may look like a bruise. This condition is reversible with a simple injection.
- Treated areas may be firm, swollen and sore for up to 3 weeks. If redness and/or hardness occurs in association with pain, an immediate post procedure visit is required as this may be a sign of infection.
- Any nodules and/or bumps will be smoothed with a simple injection at no charge to you. They generally smooth on their own within 2-4 weeks but a follow up appointment in 3 weeks is required. Tyndalling, bumps, or lumps will last a year or longer if they are not smoothed.

### FOR TEMPLES:

- Temples may appear to be swollen and uneven. Any bumps or unevenness will be smoothed at your follow up visit in 3 weeks.

### FOR UNDEREYES AND/OR CHEEKS:

- Allow 3 weeks for swelling to subside. “Tyndalling”, as noted above, bumps or puffiness will be smoothed at your follow up visit.

### FOR FINE LINES OR LINES AROUND MOUTH AND LIPS:

- Swelling may appear for up to 3 weeks. Any nodules, bumps, or tyndalling will be smoothed at your follow up visit in 3 weeks.

### FOR SCULPTRA:

- Results take 4-6 weeks to be seen. Massage treated areas using the **5, 5, 5** rule; 5 minutes, 5 days, 5 times a day. Return in 4 to 6 weeks if additional vials are warranted.

- \*ANY FILLER NOT USED TODAY WILL NEED TO BE USED WITHIN 6 MONTHS\***

If you have any questions or concerns, please call us at (847)-367-8815 or email us at [Info@RitaccaLaserCenter.com](mailto:Info@RitaccaLaserCenter.com).

\*only applicable to patients who sign acknowledging we are saving their filler for them