



POST-TREATMENT CARE – DERMAL FILLERS

The treatment area may feel sore and or tender for the first 24 hours. This is normal. You may apply ice packs or cooling cloths to the affected area immediately after treatment and up to 12 hours thereafter to reduce swelling.

Avoid touching the treated area during the 6 hours following treatment, so you do not accidentally injure your skin while the area is numb. After that, the area can be gently washed with soap and water.

Avoid vigorous exercise, intense or extreme heat (such as hot tubs, saunas, sunbathing etc.) until any redness or swelling goes away.

You may experience bruising which may last 5-14 days.

Avoid taking aspirin, nonsteroidal anti-inflammatory medications, St. John's wort, or high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.

Should you experience any unpleasant side effects that you are not expecting, or suffer symptoms that concern you, please do not hesitate to contact the clinic and an appointment will be made for you to be seen. If you have any further questions, before, during or after the treatment, do not hesitate to ask your practitioner.

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