



# MEDIWORKS

## REJUVENATION CENTRE

### **Dermal Filler Post-Treatment Instructions**

Today you have had injections with hyaluronic acid dermal filler to restore volume to your skin. The product has been placed carefully in the appropriate position to promote a personal visage of youth and good health. A local anesthetic containing lidocaine may have been used on the surface of the skin or by injection.

After treatment, you may experience swelling, redness, pain, itching, discoloration and tenderness at the site of treatment. This will typically last for less than a week. The use of Tylenol (acetaminophen) is permitted. If the lips injected, the swelling may be more significant. Arnica gel can be helpful to minimize redness and swelling. In rare circumstances, a blood vessel may have inadvertently been injected which may cause skin breakdown.

#### **Instructions**

1. Dr. Badesha will tell you what to expect following treatment with soft replenishing gel filler.
2. Avoid applying makeup to the area for 12 hours post-injection and when you do, use a very light touch.
3. Avoid excessive manipulation or massaging of the area.
4. Avoid strenuous exercise (like aerobics class) for 24 hours following the injection.
5. Avoid consuming alcohol beverages and aspirin for 24 hours following the injection to reduce bruising.
6. Avoid prolonged exposure to sunlight or UV light for 2 weeks after the injection.
7. Avoid extreme heat or cold, including saunas and/or hot tubs for 2 weeks after the injection.
8. Report any redness and/or visible swelling that persists for more than 1 week or any other symptoms that cause concern, to the clinic as soon as possible, particularly if you are concerned about infection.
9. The gel is quite moveable for the first few days--- do not press on the treated area. Try to sleep on your back.

Please report any redness and/or visible swelling that persists for more than 1 week or any other symptoms that cause concern, to our office. It is normal to feel the sensation of newly placed filler. This feeling may last a few days to several weeks. We would like to see you 2 weeks after treatment in order to assess the outcome of the injections. Additional injections may be undertaken at an additional fee.

**Side Effects:**

Mild & temporary injection site reactions include:      More serious but less common side effects

<ul style="list-style-type: none"><li>• Redness</li><li>• Pain or tenderness</li><li>• Firmness</li><li>• Swelling</li><li>• Lumps/bumps</li><li>• Itching</li></ul>	<ul style="list-style-type: none"><li>• Allergic reaction</li><li>• Infection</li><li>• Discoloration</li></ul>
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Over the course of the next few weeks, the filler will settle into position and absorb water, improving the initial effect. Fillers usually last for 6-18 months depending on the area treated and the total number of syringes used.

Enjoy your younger, more refreshed looking face!