



Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

Dermal Fillers

Post Care Instructions

Ronald N Shore Dermatology

- Swelling, redness, firmness, itching, and tenderness may be present for up to two weeks. The use of cool packs may be used as needed (**do not apply ice directly to the skin**).
- **Do not massage the treated area, unless instructed by the injector.**
- Wait **at least 4 hours** to apply cosmetics, moisturizer, or any lotions to the injection area.
- **Avoid direct sunlight or extremely cold weather** until the initial swelling and /or redness has subsided.
- **Do not do heavy aerobic exercise, or do anything to raise your core body temperature or blood pressure for 24 hours.**
- The results will be immediate, but the final results are noted after the swelling has resolved. **Please wait 2 weeks for touch-ups**
- **Do not use anti-inflammatory medications** ex: **Motrin, Advil, or (Ibuprofen) 7 days before through 7 days after injections.** Tylenol (Acetaminophen) may be used as directed on the bottle, for any discomfort after the injection.
- The use of **Arnica Montana** (available at health food stores) **may help with bruising.** It is **available topically, as well as orally.** Follow the bottle for directions. **Eating pineapple may also help prevent bruising.**
- **Lumps, bumps, or irregular, asymmetrical areas may be noted;** especially once the swelling has subsided in the injection area. **It is normal to feel these lumps and bumps, however, they should not be visible.**
- **Any severe swelling, itching, redness, increasing discomfort, or discharge from the treated area should be reported to the office: (301)-468-2100**