

# WEST HILLS DERMATOLOGY GROUP

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## ***Post-Treatment Instructions Following Dermal Fillers***

### ***WHAT TO EXPECT during and immediately after your treatment:***

- Local numbing medication in the form of a topical cream or through small injections may be used to maximize your comfort during the procedure.
- You may experience a mild amount of tenderness or stinging sensation following injection. ● To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- Bruising at the treatment site may occur. To minimize bruising, inform your practitioner if you use blood thinners such as aspirin, ibuprofen (i.e., Aleve, Advil) or herbal preparations (Fish/Flax seed oil/Omega 3's, Ginko, Ginseng, Garlic, Vitamin E) prior to your procedure.
- Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple of days.
- It may be normal to feel a "firmness" in your treated area/s for the first few days after treatment. This, again, may depend upon the area/s treated and product/s used. Over time, the area/s will soften and "settle", leaving you with a soft, natural looking result.

## **POST-TREATMENT INSTRUCTIONS**

**Apply cool compresses to the area/s treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin). You will be provided with a gel pack to assist with this cooling before leaving the office.**

**You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided. Mineral makeup works well.**

- DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days. ● AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling. ● AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid. ● We recommend you wait a minimum of 2 wks before receiving any skincare or laser treatments. ● **Additional Instructions:**

***Call our office promptly if you experience ANY of the following: Increasing pain, swelling, significant bruising or darkening at or around the treatment area, notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5 F or ANY other concerns you may have. Enjoy your new look and remember that your satisfaction is our goal.***

**Please feel free to call our office at 818-592-6005 with any questions!**