



Post Care Instructions Filler Injections

Dr. Domingues performed **Filler Injections** Today.

IMMEDIATE PRE AND POST INJECTION CARE

□ If you had filler injected into or around your lips, please make sure Dr. Domingues and/or his nurse is notified so that you receive prophylactic antiviral valacyclovir. This will help avoid a cold sore outbreak which could infect the filler site.

INITIAL CARE

- Do not lie down for the next 4 hours.
- Avoid exercise for the rest of the day.
- It is ok to wash the face gently with a gentle cleanser such as Cerave, Cetaphil, or Dove. Avoid scrubbing the face for 2 weeks.
- Try to avoid sleeping on your face for 48-72 hours.
- Avoid applying any makeup for the rest of the day.
- Bruising is common and we encourage you to ice for the rest of the day.

ONGOING CARE

- Avoid facials or any sort of heavy scrubbing or rubbing of the face for 2 weeks.
- Avoid dental work for the next 2 weeks.
- It is normal to feel lumps under the skin where you had injections. These will resolve over the next 2-4 weeks and are only palpable, but not visible.
- Infection is rare, but if you develop redness, swelling, pain at the injection sites several days after your filler injections please contact us as soon as possible.

DISCOMFORT:

- It is ok to take Tylenol (acetaminophen) every 6 hours.
- Avoid ibuprofen or other NSAIDs due to increased bleeding and bruising for 1 week. It is ok to take aspirin if you already do on a regular basis.

PHONE NUMBERS TO CALL (Please call us with any questions or concerns)

- Weekdays 7AM – 4PM Call the Clinic and ask for the nurse.