



**AFTER CARE INSTRUCTIONS FOR PATIENTS RECEIVING-FILLERS  
JUVÉDERM® - Restylane®**

**MONROE MEDSPA PHONE NUMBER (585) 405-5000**

**SWELLING & BRUISING**

1. Swelling or bruising is to be expected. Apply ice for 15 min., every four hours to treated area for the first 24 hours if needed.
2. You may also apply the topical cream Traumeel (available over the counter) to the affected area, every four hours as needed.

**LUMPS, BUMPS & SMOOTHING AREA**

1. You may massage the filler as instructed and to treat lumps, bumps or to smoothen the area.
2. \*\*\*After **24 hours** if you see or feel a bump or lump massage using firm pressure to the area that you would like fullness. You can use a warm compress to heat up the area prior to massage to help even out the product. There is no such thing as too much pressure so be aggressive in massaging.
3. If after **5 days** the lump or bump is still present please contact us to get further instructions.

**PAIN & SWELLING**

1. For SEVERE pain or swelling - Call the office immediately or go to the nearest Urgent Care.
2. For minor pain or swelling: Use Tylenol, anti-inflammatory medications, such as Advil, Aleve or Ibuprofen after procedure, only if necessary. Do not use if allergic. Use ice to the area if there is swelling for no more than 15 minutes at a time.
3. You may also apply the topical cream Traumeel (available over the counter) to the painful area, every four hours as needed.

**INFECTION**



1. If infection after the procedure is suspected, contact us at: (585) 405-5000 for further instructions.
  - You may need to come to the office to have the area examined, and possibly receive a prescription for an antibiotic.
2. Signs and symptoms of infection include: Fever, redness, tenderness, warmth and swelling at the treatment site.
3. If you are prone to cold sores it is not uncommon to get a cold sore after an injection. Use topical over the counter medicine as needed.

#### **WHAT TO AVOID**

1. For first 12 hrs.: Other than "concealer", avoid make-up.
2. For first 24 hrs.: Avoid strenuous exercise, extensive sun or heat exposure, and anything that significantly raises your body temperature, as these may cause temporary redness, swelling and/or itching at the injection sites, and impair final result.
3. For 2 weeks: Avoid saunas, steam baths and no other cosmetic treatment over filler areas, like laser, chemical peels, and microneedling.

#### **DURATION**

The results are of temporary nature and decrease over time (results usually last 6-12 months), and more treatments will be needed to maintain improvement.

#### **SLEEP**

To avoid any movement of the filler during the first night the day of the treatment, it is recommended that you sleep on your back, so that the treated area is not exposed to any prolonged pressure. If necessary, a pillow on either side of the head may be helpful.

**If you have any questions or concerns please do not hesitate to call, text, email, or send a social media message.**