



AFTERCARE INSTRUCTIONS FOR FILLER

- If bruising occurs, it should disappear completely within 5 to 7 days.
- Light massage of the treated areas can be started immediately, ideally no more than 5 minutes twice a day (morning and night). Overaggressive or overly frequent massage may promote swelling and potentially move the filler material. If treatment was performed around the eyes, do not use tight eyewear/goggles for at least 72 hours.
- An ice pack may be applied for the first 24 hours after treatment which can be used, at most, 15 minutes on and 15 minutes off.
- If you have persistent swelling, small bumps, or ridges 2 weeks following treatment, please follow-up as this may be easy to address in the office.
- Strenuous exercise should be avoided for only the first 3 hours following treatment.
- You may put makeup on untreated areas immediately following treatment. **Makeup should be avoided** on needle entry points until the following morning.
- Facials, peels, micro-needling, or other procedures on your face should not be performed for 2 weeks unless recommended/approved by Dr. Downing.
- Optimal results with hyaluronic acid fillers are seen at 2 weeks following treatment. Optimal results with collagen-building fillers (Sculptra) are seen 2 months following treatment.
- If you experience pain, discoloration, problems with vision, or any other issues after your treatment, please contact the office immediately (713-487-8233).