



Dermal Filler Post-Care Instructions

At Boulder Valley Laser and Cosmetic, we strive to always provide our patients with the necessary information to implement optimal safety and get the best possible results with all our treatments. While performing any of our injections, we practice aseptic/sterile technique to help prevent contamination or infection from occurring. While we use this method during the injection, there are steps you can take at home after your appointment to help prevent infections, and ensure you receive the best possible results.

Post Injection:

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.
- DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT: No cleanser, moisturizer, or makeup for 24 hours
- DO NOT massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- Avoid dental work for 2 weeks days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of 2 weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- Avoid straws for 2 weeks after lip filler. Use new chapstick or lipstick after lip filler to prevent infection.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider or a member of the staff for product recommendations.
- **If you experience any of the following symptoms, contact our office immediately:** dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice onset of any of these symptoms, call our office immediately at 303-558-8800 to speak with a provider. After hours, you will be connected with a medical provider through our answering service