

## **INJECTABLE FILLER AFTER CARE**

1. Remain upright for the first 4 hours after the injections.
2. You may be instructed to massage the area injected (with Sculptra®). Please follow the directions given.
3. Do not exercise for the first 24 hours.
4. Bruising and swelling may appear in the treated area but should resolve within 10-14 days.
5. Results will appear immediately except with Sculptra®.
6. Please call the office if you experience any unusual redness or swelling or if you have any additional questions regarding facial injectables.
7. Do not drink alcohol or take aspirin or aspirin containing products or NSAIA's (advil, aleve, motrin, naprosyn, etc.) for at least 2 days after treatment.
8. Continue Arnica Montana, 4 pills under the tongue, 4 times per day until the bruising is gone.