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Post-Treatment Filler Injection Instructions (Restylane®, Fat Transfer, Radiesse™)

- Immediately after the treatment, the most commonly reported side effects are temporary redness and swelling at the injection site. These effects typically resolve within two to three days. Cold compresses may be used immediately after treatment to reduce swelling. If these side effects continue beyond two or three days, or if other reactions occur, please contact your provider.
- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun lamp or sun bathing).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your physician about medications that can minimize this chance.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. Johns Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- Avoid exercise and alcohol for six hours after treatment.
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult with your physician about recommendations for touch-up or follow-up treatments.