

# BALFOUR DERMATOLOGY

*Trust the Skin Experts.*

## **FILLER POST-TREATMENT INSTRUCTIONS**

For optimal results, patients are advised to follow post treatment instructions carefully.

**For 4-8 hours following your treatment...**

- **Stay hydrated and drink lots of water, Hyaluraonic acid will attract more water giving you better results**
- **No heaving exercising or activity that increases your heart rate**
- **No applying makeup for 24 hours**
- **No rubbing or massaging the treated area for 48 hours**

**After 48 hours you can gently massage any bumps with clean hands, the easiest time to do this is when you are cleansing your face using the cleanser as lubrication.**

-Bruising is to be expected and typically resolves following treatment.

-Swelling is to be expected and typically resolves following treatment.

-Over the counter Arnica, fresh pineapple juice and icing the area are remedies to minimize bruising.

-If applying makeup or products to the treated areas, ensure that the applicator is clean & hands are washed.

**-Filler takes up to 2 weeks to fully set in and swelling to subside, please allow a full 2 weeks prior to booking a follow-up treatment for evaluation.**

**-For the best results, schedule your next treatment in 6 months.**

***Please remember to cancel or re-schedule 24-48 hours in advance to avoid a fee.***