



Hyaluronic Acid Filler Aftercare Instructions

Hyaluronic Acid Fillers are used to augment areas on the face that have a depletion of natural volume due to aging of the skin and its structures. Your treatment today was focused on improving the volume of these areas. As a part of the treatment process and subsequent healing process the following aftercare instructions will help your body's healing process and assist in preventing avoidable side effects.

Aftercare Instructions:

- Gently apply a cold compress immediately after treatment to reduce swelling.
- Avoid touching the treated area for the 6 hours following treatment so you do not accidentally injure your skin while the area is numb.
- After that, the area can be gently washed with soap and water.
- Avoid skin care products that have high amounts of acid over the injected area for 24 hours.
- Avoid sun exposure and tanning beds for a minimum of 72 hours after the treatment.
- Avoid use of non-steroidal anti-inflammatory medications (Aspirin, Ibuprofen), St. John's Wark and high doses of Vitamin E supplements for one week after treatment as these agents can increase bruising.
- Immediately after the treatment, there may be slight redness, swelling, tenderness, and an itching sensation in the treated area. This is a normal result of the injection. This inconvenience is often temporary and generally disappears in a day or two.

Normal Side Effects:

- Swelling, redness, warmth, itching and possible bruising at injection site.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence of these sores. Speak to your healthcare professional about medications that may minimize an outbreak.
- Please be sure to consult your healthcare professional if you experience side effects beyond 14 days.

If you have any questions or concerns, please contact the staff of Soma Medical Spa at **818-662-7157**.