



Love the Way You Look and Feel at Any Age

Post-Injection Instructions

The most common side effects following injection include localized redness, possible tenderness, swelling, bleeding or bruising.

To minimize bruising and swelling, we recommend applying an icepack or hot compress gently and intermittently to the areas that were injected. Ten minutes total each hour until going to sleep the day of injection.

When the numbing agent in the injection wears off, you will feel an aching sensation. If you choose to take a pain reliever, we prefer that you take Tylenol rather than Ibuprofen, NSAIDS or aspirin containing products.

For the rest of the treatment/injection day:

- Do not massage the injection areas
- Do not participate in vigorous exercise (or any activity that is likely to result in sweating)
- You can wear makeup immediately if you would like. Be sure to gently cleanse and moisturize your face according to your usual routine.

For 2 nights post injection, please try to:

- Sleep on your back since the filler is soft and can get “pressed” by sleeping on it.
- Sleep with your head elevated, preferably in a recliner or propped up with pillows, to help minimize swelling and bruising.
- For the next week, please do not go into a sauna or hot tub or apply heat to the areas that were injected. The filler may be affected in response to heat during the first 7 days post injection.
- If swelling persists beyond 2 days after your treatment, you may take a non-drowsy antihistamine (Claritin, Zyrtec or Allegra- decongestant is not needed) or Benadryl at night.



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What to expect:

- The lines and creases that were injected will continue to get smoother over the next two weeks.
- The effect of your filler injections will last approximately 6 months in the lips and 9-12 months elsewhere unless you are a smoker or are hyper-metabolic (fast metabolism), in which case the filler may dissipate more quickly. The effect of your toxin injections will last approximately 3-4 months.
- Protect your investment by using sunscreen! Proper and frequent application of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always. We recommend Colorescience Sunforgettable SPF 50 Brush-On Sunscreen.
- Ask about our medical grade at home skincare. We often say, “Your face has to go with every outfit you own”, so invest in proper skincare! Aside from volume loss and wrinkles, skin texture, tone and clarity each factor into a more youthful look. We recommend Regenica Skincare which has next generation Growth Factors to help repair and replenish your skin.
- Many patients will benefit from more than injectable treatments. Ask about our other services including IPL, Fractional Laser, Skin Tightening for face and neck, Body Firming/Contouring and more...

See more at: <http://www.eriksuhmd.com>

If you have any questions or concerns, please call us at 425-998-9227