



FACE

youareface.com

Dermal Fillers

AFTERCARE

Must Do:

- Keep the treatment area clean and minimize contact for 24 hours.
- Stay hydrated by drinking plenty of water for 48 hours before and after treatment.

Avoid:

- Applying makeup or products to the treatment area for at least 12 hours.
- Engaging in strenuous activity for 24 hours.
- Consuming alcohol and avoiding extensive sun exposure or heat for 24 hours.
- Flying 48 hours before and after the appointment.
- Sleeping on the treated area for 72 hours.
- Highly processed foods 72 hours before and after the appointment.
- Massaging the treated area for one week unless instructed otherwise by the provider.
- Tretinoin, retinol, retinoids, glycolic acid, peels, or skin-sensitizing products for one week.

Reminder:

- Contact the office immediately with any questions or concerns.
- Optional: Take arnica montana and bromelain as needed to alleviate swelling and bruising.

Visit [youareface.com](https://www.youareface.com) for more information.