

Filler Post Instructions

- If a dental block was used, avoid eating or drinking for two hours after your injection in order to minimize the chances of biting yourself..
- If your lips were injected, do not massage your lips or engage in heavy kissing for the next four hours.
- If your lips were injected, do not drink from a straw, water bottle or a can for 24 hours after the injection. You may drink from a glass or cup.
- Do not heavily rub the areas where filler was injected for 4 hours. Do not apply makeup to the treated area for 4 hours.
- It is possible to feel the filler in your skin for about two weeks. Do not attempt to rub or massage it during that time. Contact our office if you have bumps after two weeks.
- You may take Tylenol for discomfort and/or swelling. Avoid Ibuprofen, Motrin, or Advil for the first 72 hours as they increase the chances of bruising.

If Bruising Occurs:

- First 4 hours: LIGHTLY apply *ice* to the injected areas, but do NOT press heavily.
- Days 1-3: *ice* every few hours.
- If bruise is still present by Day 4, switch to a *warm* compress to help the bruise reabsorb.
- *Arnica* is wonderful for healing bruises. Apply about 5 times a day for optimal healing. You can buy Arnica gel at any natural foods store, or you can buy Arnica cream from Genesis.

If, at any time after the injection, you experience increased pain, severe redness, or drainage from the injection sites, or if you have any questions, please contact Dr. Jenks at Genesis MedSpa (719-579-6890).