

**Saddleback Dermatology & Laser Center**  
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**Dermal Filler Post-Treatment Checklist**  
Restylane, Perlane, Juvederm, etc.

Please observe the following after treatment with a dermal filler:

- Immediately after the treatment, there may be slight redness, swelling, tenderness, and an itching sensation in the treated area. This is a normal, temporary result of the injection and generally disappears in 48 – 72 hours.  
Ice packs may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond two to three days or if other reactions occur, please contact your physician.
- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
- Until the initial swelling and redness have resolved, avoid exposure of the treated area to intense heat (sun lamp or sun bathing).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your physician about medications that may minimize a recurrence.
- Avoid taking aspirin, or similar anti-inflammatory medications, Omega 3's, St. John's Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase tenderness and bleeding at the injection site.
- Avoid exercise and alcohol for six hours post-treatment.
- Bruising may occur following the injection of fillers. Non-prescription Arnica Montana may be purchased over the counter in oral or cream form to help speed up the healing of the bruising.
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your physician about recommendations for touch-up or follow-up treatments.