



WILMINGTON
DERMATOLOGY
C E N T E R

Post-Treatment Instructions Following Dermal Fillers

1. The most common complications following dermal fillers include: swelling, bruising, tenderness at the injection site, these typically lessen or disappear within a day or two. Some bruising may last up to 10-14 days.
2. Avoid strenuous exercise and alcohol for 24 hours after the procedure. Exercise can cause your blood vessels to dilate and can increase your risk of bruising.
3. You may apply make-up and return to your normal skin care regimen immediately after the procedure. We recommend using **SkinMedica TNS Essential Serum** to enhance the results of your treatment by rebuilding collagen, improving the appearance of fine lines, wrinkles, skin tone and texture. The serum also includes antioxidants to help prevent free radical damage.
4. Some temporary lumpiness may occur before the balance of normal pressure can result from absorption.
5. To limit the bruising and swelling apply ice every 10-15 minutes of each hour for the next 1-2 hours.
6. Limit exposure to excessive sun or extremes of temperatures until the initial swelling or redness has resolved. We suggest using **SkinCeuticals Physical Defense SPF50**, a mineral based sunscreen available in sheer or tinted.
7. Follow-up is generally scheduled 2 weeks post treatment .
8. Please contact Dr. George at 910-256-4350 if you experience excess pain, swelling, visible red lumps, or white heads.

*We also offer **Glo Minerals**, a line of mineral formulation make-up with pharmaceutical-grade ingredients. For flawless coverage, please see Caroline, our Cosmetic Coordinator or make an appointment with one of our Aestheticians for more information.*