

## ~Post Facial Injection Care & What to expect~

Common injection related reactions may occur with all facial injection procedures. These include redness, swelling, tenderness, bruising, itching and discoloration of the injection site. Swelling decreases significantly after 48 hours but it is normal for the life span of a bruise to last 1-2 weeks after procedure. If any symptoms become worse after 3 days or you have any questions at all, please call your provider immediately.

### The following are suggestions to optimize treatment and healing

- Remember, it can take up to **2 weeks** for the results of treatment to completely settle in. Any areas that bruise will initially look larger than areas that do not bruise. The maximum amount of swelling will occur at 24 hours. Being patient to allow the swelling and bruising to go down will make a difference in how the symmetry of your desired results will look.
- Arnica Montana supplements or gel can be used after the procedure to speed up the healing process. You can use the tablets pre and post. The gel is used on the bruised or swollen areas several times a day as long as you apply gently. Arnica is available for purchase at Facial Aesthetics by Andrea.
- It is normal for the area that was treated to feel heavy and/or numb for a few hours after your procedure. This is due to the lidocaine that is pre-mixed in the products that we use.
- You may experience some dryness or itching in the treated areas. This is caused by the topical spray and/or ice that was used during your procedure. Applying a good hydration such as aquaphor will be helpful.
- We recommend that you avoid alcohol for 4+ hours after treatment because it dilates blood vessels, which can cause bruising to look worse.
- It is advised to avoid vigorous exercise for 24-48 hours after the procedure as it can increase bleeding and make any bruising look worse.
- Please avoid massaging the treated area unless directed to do so by your provider, as this could potentially change the result of your treatment.
- It is normal to wake up the morning after treatment with more swelling than you had on the day of treatment. To help minimize this, you can sleep with your head propped up on some extra pillows the night of treatment.
- Keep the treated area clean and try to avoid touching your face. Your normal washing and applying of facial moisturizers is okay as long as you do so gently. It is advised to avoid heavy make up for 24 hours after procedure.
- If bruising has occurred you should avoid Aspirin, Excedrin, Ibuprofen (Advil) or Aleve for 24 hours after treatment as it can cause bruising to look worse. If you have any pain or discomfort, you may take Acetaminophen (Tylenol).
- You will be provided with ice after treatment. Applying ice to the treatment area for the first 24 hours is recommended to help with swelling and/or bruising. Use a barrier between skin and ice as the treatment area could still be numb. The ice pack will stay cold for approx. 5-10 minutes. It is reusable and can be cleaned with soap and water. It will take approx. 40 minutes to refreeze. This will serve as your "off" time from the ice.
- It is recommended to avoid any types of surgery for 2 weeks after facial injection procedures. This includes Dental Procedures.
- It is best to avoid face down massages, facials, facial hair removal or laser treatments for 2 weeks after treatment.
- Finding a good makeup to help cover the redness and bruises can be helpful. You can see the recommended colors of makeup for various stages of healing on our "covering a bruise sheet".

\*We will be calling at 2 weeks post treatment to inquire how things are looking. If you feel anything needs adjusting we will bring you back into the office for re-evaluation.\*

Patient Initials \_\_\_\_\_ Provider Initials \_\_\_\_\_

Date \_\_\_\_\_