

SIX ZONES

Botox & fillers



REBECCA A. PAPPALARDO, MD

POST-CARE INSTRUCTIONS FOR DERMAL FILLERS

1. Swelling, redness, firmness and tenderness may be present for up to (2) weeks. Use cold pack as needed.
2. Sleep with head elevated to reduce swelling.
3. Do not massage or put pressure on treated areas unless instructed by Dr. Pappalardo.
4. Wait (4) hours to apply cosmetics, moisturizer, or any other lotions on injected areas.
5. Avoid direct sunlight or extreme cold weather until initial swelling/redness subsides.
6. Do not do any heavy aerobic exercise or raise your body core temperature or blood pressure for (24) hours.
7. Results will be immediate, but best effects are noted after swelling has resolved.
8. Tylenol may be used as directed on label for discomfort post injection.
9. Benadryl 25-50 mg as directed on label may be used for itching. Benadryl can make you sleepy. Do not drive, drink alcohol, or operate heavy machinery.
10. Use Arnica Montana pre and post injections to minimize bruising. Topical and oral forms available, use as directed on bottle. Should bruising occur, eating fresh pineapple may help minimize the duration of bruising.
11. Lumps, bumps, or asymmetrical areas may be noted, especially after swelling subsides. It is **normal** to feel these lumps/bumps. However, they should not be visible.
12. Any severe swelling, itching, redness, increase discomfort or discharge from any treated areas must be reported immediately. Call Dr. Pappalardo at 201-638-2104.
13. Periodic touch ups will help sustain desired level of correction.
14. It can take up to **two** weeks for swelling and bruising to subside. If additional filler is required or desired, a minimum of two weeks post initial injection will be required.