



Post care Filler Instructions:

Immediate Post-Treatment Care

1. Refrain from touching, rubbing, or massaging the treated area for at least 24 hours. Avoid activities that may cause trauma to the treated area (i.e. boxing, facial massages).
2. Apply a cold compress or ice pack wrapped in a cloth/towel to the treated area for 10-15 3-4 times per day to reduce swelling and discomfort. Do not hold ice to skin for more than 3 minutes at a time to avoid cold trauma to skin.
3. Keep your head elevated for the first few hours post-treatment to minimize swelling. Go to sleep that night with your head elevated slightly on several pillows to prevent swelling.

Activities to Avoid for the Next 24 Hours

1. Avoid strenuous exercise and heavy lifting to reduce swelling and bruising.
2. Avoid saunas, hot tubs, and intense sun exposure.
3. Avoid alcohol and blood-thinning medications (e.g., aspirin, NSAIDs (ibuprofen)) for 24 hours to minimize bruising.

Skincare Recommendations

1. Use a gentle cleanser on the treated area for the next few days. Do not apply excessive pressure to your face when washing.
2. Apply a gentle moisturizer as needed. Only use products you have used in the past and know you are not sensitive to.
3. You may continue your regular skincare routine, including retinols or other actives.
4. You may apply coverup immediately after your procedure to cover any bruising or redness.
5. Wear your normal SPF and avoid excessive sun exposure directly on the treated site.
6. Arnica bruise gel is available for purchase and may help reduce bruising and swelling for up to 3 days after injection.



Monitoring and Follow-Up

- Mild swelling, redness, bruising, or tenderness may occur and usually resolve within a week.

*** If you experience excessive swelling, increasing or severe pain, or signs of infection (e.g., fever, increasing redness), contact our office immediately (contact info below).

*** If you note a bruise that continues to expand or an area of skin that is very painful and red or discolored please contact our office immediately.

*** if you notice any change in vision, contact our office at once.

Follow-Up Appointment:

- A follow-up appointment may be scheduled to assess your results and make any necessary adjustments. Feel free to call or email photos of the area at any point if you have any concern or questions.

Thank you for trusting Park Avenue Dermatology with your aesthetic needs. If you have any questions or concerns, please do not hesitate to contact our office.

Park Avenue Dermatology
580 Park Avenue
New York, New York 10065
(212) 752-3692
medicalassistant@parkderm.com