



**COSMETIC DERMAL FILLERS & BIO-STIMULATORS  
( JUVEDERM, RESTYLANE LYFT, RESTYLANE , RADIESSE, VOLUMA & SCULPTRA)**

**POST-CARE INSTRUCTIONS:**

**\*If Sculptra was performed please see additional instructions below.**

- When you first look in the mirror after your injections the tissue may look distorted or uneven. The distortion / unevenness are a result of the injections and swelling in the tissue. THIS IS NORMAL. It will subside and look natural over the next few days.
- **Do not** touch, rub or massage the treated area unless directed to do so by your medical professional. (*If Sculptra was injected, it is necessary to massage, so please see separate instructions below*).
- Limit the amount of physical activity the day of your treatment. You can resume regular activity the next day.
- Avoid large movements with your mouth or lots of smiling the day of your treatment if product was injected around your mouth.
- Sunbathing, excessive UV exposure or heat from tanning beds should be avoided until the redness and swelling have subsided. Please apply a sunscreen with an SPF of 30 to treated area for 24 – 48 hours after your treatment.
- It is normal to experience some tenderness (not pain) at the treatment site for a few days. You can apply cold compresses to the area for comfort. These are very helpful and can be used immediately after treatment. You can also apply a zip lock plastic baggie filled with frozen veggies. This stays colder longer, is less messy and nicely contours to your face. If this is too cold, wrap the baggie in a small, thin towel.
- It is normal to feel "firmness" in the injection area for the first few days after treatment. Over time, the area will soften, leaving you a soft, natural looking result.
- Injectable procedures, no matter how delicately performed will induce varying amounts of bruising. This is a normal part of the facial treatment. Because of this we encouraged you to ignore what you see and feel for the first few days. Thankfully, most swelling and bruising will resolve after 1-2 weeks. Here are some helpful hints to improve and aid you in recovery.
  - No massage for 2-3 weeks after your filler treatment (with exception of Sculptra)
  - No other treatments on your face should be performed for 2-3 weeks after your procedure unless your medical professional has given the OK on it. Please review other treatments that you have scheduled at our facility or other facilities to verify the time to wait after your filler treatment.
  - Arnica Montana Cream can be purchased at local pharmacy or health food store and applied topically to the bruised area to help break up the bruising quicker.

- If bruising does occur please refrain from taking Aspirin, Ibuprofen or other blood thinning agents until bruising is gone
- Peach concealer can help camouflage bruising. We do carry Jane Iredale Mineral Make-up & would be happy to help you with this.

### **IF SCULPTRA WAS PERFORMED:**

- After your Sculptra treatment it is a MUST that you massage your product 5 times a day for 5 minutes for 5 days. You need to be aggressive with this massage. It is better to go longer more often than it is to short yourself. Lumps and bumps are AVOIDABLE if you follow the massage protocol. If a lump occurs it is because you did not do your job.
- Ice the day of the procedure.
- Take arnica montana orally or apply topically after treatment if you have evidence of a bruise. Arnica can be found at your local pharmacy or health food store.
- The fullness you have after treatment will deplete usually within 24 hours and the process of the rebuilding begins after that. Be patient with the results, as it will take several months.
- Make sure to schedule your next appointment in 4-6 weeks if you are in your series of 3.

**Immediately report any worsening or persistent symptoms or side effects to our office at (608) 240-0088 or 513-8699. You can also email [anne@radianceskintherapy.com](mailto:anne@radianceskintherapy.com).**

**If you've had a dermal filler please remember to schedule your 2 week post-treatment check up with us. If you've had Sculptra please schedule you next session 4-6 weeks from the date of treatment.**