



**COSMETIC DERMAL FILLERS & BIO-STIMULATORS**  
( JUVEDERM, JUVEDERM VOLUMA/VOLLURE/VOLBELLA, RESTYLANE  
LYFT/REFYNE/DEFYNE/KYSSE, RESTYLANE , RADIESSE, REVANESSE VERSA &  
SCULPTRA OR ANY OTHER HA FILLERS)

**POST INJECTION CARE:**

**\*If Sculptra was performed please see additional instructions at the bottom of the page.**

**Homeopathic / Vitamin supplements:**

- **Arnica Montana 6c** - this homeopathic remedy is well known for its ability to minimize post treatment bruising and swelling. If you are concerned about bruising, you can start taking this product up to 2 weeks prior to your procedure. If you did not start it do not worry you can start it at any time prior to your appointment. After your procedure you can take the pellets for 5 days or until bruising is gone. Arnica can be purchased at most health food stores and even on Amazon.
- You can take 1 tablet of Zyrtec per day for the next 2-4 days to help with swelling. If you do not have swelling the day of or day after this is an optional step.
- **You may start taking your multi-vitamins/ supplements the day after treatment unless you have significant bruising. If you have bruising please avoid your vitamins till your bruising is gone.**

**Other Important Post Care Guidelines:**

- Please refrain from nail biting if filler or Sculptra was placed around your mouth area.
- Please avoid your pets from licking your face post your filler or Sculptra treatment.
- We also want to be sure that you are not leaving town or on a flight for 48 hours after your appointment. This does not apply to Sculptra.
- Please avoid receiving any vaccines for 2 weeks post your filler or Sculptra treatment.
- Do not get a tattoo for at least 2 weeks after your filler appointment.
- Please refrain from applying make-up and/or skincare for the next 24 hours if possible. This includes retinols, AHA's, scrubs, masks, etc. and do not use your Clarisonic, or other facial cleansing device, if you have one. If you must, make sure your make up brushes are clean, hands are washed, and product is not from a jar that could harbor bacteria. If you have further questions on this, please contact Radiance at 608-240-0088.
- When you first look in the mirror after your injections the tissue may look distorted or uneven. The distortion / unevenness is 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 unless you have significant swelling or bruising.
- Avoid large movements with your mouth or lots of smiling the day of your treatment if product was injected around your mouth.
- Limit salt intake for a few days as this can increase any swelling.
- 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 or greater to the treated area for 24 – 48 hours after your treatment. Of course, our preference is that you apply SPF every day.
- Avoid any dental work, including cleanings, for a minimum of 2 weeks.
- If filler for Hand Rejuvenation was done, please avoid wearing jewelry (rings) on hands for 48 hours after. The day of please sit on your hands as much as possible.
- 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 on or near the area of injections 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, online or health food stores 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.

**When should you contact us:**

- The filler changes texture and becomes hard, nodular or lumpy, especially if there is redness or tenderness that is not getting better.
- If you develop intense pain near or above the site of injection which is getting worse over time.
- If the area gets pale in color or develops a deep blue/ black color that is worse than a bruise.

### **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 usually because you did not massage properly.
- If we treated an area of your body, ie: Buttocks, above the knees, décolletage, a foam roller works really well. Follow the above massage guidelines.
- Cool compresses can be used the day of treatment if you are sore or showing signs of bruising, but it is not necessary.
- Take arnica montana orally or apply topically after treatment if you have evidence of a bruise. Arnica can be found at your local pharmacy, online or at 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 you can reach Anne Pientka at 608-513-8699 or by email at [anne@radianceskintherapy.com](mailto:anne@radianceskintherapy.com). If you feel you are having unusual symptoms, we want you to contact us ASAP.**

### **Skincare products that partner well with Fillers & are available at Radiance:**

- Hydraboost Serum~quenches dehydrated skin to impart a supple, smooth complexion and instant correction. A Staff Favorite!
- ZO Firming Serum~ A serum that visibly tightens and firms the skin while defending from free radical damage!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!
- Skinade Targeted Solutions® Derma Defense A+D Boost~ A drinkable skin care product that works from the inside and supports the skin all over your body (not just your face!). Helps increase moisture and hydration, reduces pigmentation, and provides a healthy glow.

### **Other Complimenting Services to Consider:**

- **Genius RF Microneedling**

<https://radianceskintherapy.com/skin-essentials/genius-rf-microneedling/>

- **Botox Cosmetic**

<https://radianceskintherapy.com/injectables/botox-madison/>

- **Photorejuvenation: IPL/BBL**

<https://radianceskintherapy.com/skin-essentials/bblphotorejuvenation/>