



Filler Aftercare Instructions

No massaging or manipulating the area directly; no facials or lying face down on a massage table for at least one week

No strenuous exercise twenty-four hours after the procedure

Avoid direct sunlight

Avoid drinking alcohol for twenty-four hours

Avoid taking Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks after the procedure since this may increase the risk of bruising.

You can take Tylenol for pain

You may apply makeup after the procedure

You may apply cold compresses to the treatment sites to reduce swelling and bruising

Bruising and/or swelling may last up to ten days

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Note that any bumps or marks from the extremely small needlesticks **will go away within a few hours**. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. **Redness may last for 1-2 days, rarely longer.**

If you have any questions, comments, or concerns, please call our office at **469-430-9380** or e-mail at info@dfwsportsmed.com

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