

Do's

Apply cold compress to alleviate swelling in the first 24-48 hours

Sleep with your head elevated for the first 2 nights

Stay hydrated

Arnica may be purchased OTC and is a natural remedy to reduce bruising

Swelling and bruising should improve after 1 week

Full results between 2-4 weeks after treatment

Dont's

Avoid touching or rubbing for at least 4 hours

Avoid alcohol, caffeine, and salty foods as they can increase swelling

No intense exercise or heat exposure

Avoid blood-thinning medications

No makeup or skincare products with active ingredients for 24 hours



STILL AESTHETICS

STILL YOU

Monitoring for Adverse Reaction

Seek *immediate* medical help by calling 402-802-0533 if you experience:

Severe or Increasing Pain - Especially if it worsens over time instead of improving.

Skin Discoloration - May indicate blocked blood flow, which needs urgent treatment.

Cold or Blotchy Skin Near the Injection Site - A sign of poor circulation.

Persistent or Worsening Swelling - Mild swelling is normal, but prolonged or excessive swelling could indicate an issue.

Lumps That Feel Hard, Painful, or Growing in Size - Could be a sign of infection or an adverse reaction.

Blurry Vision, Severe Headache, or Dizziness - Rare but serious signs of filler entering a blood vessel.

Signs of Infection - Infection is rare but needs prompt antibiotic treatment.

402-802-0533
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