

Post *Dermal Filler* Instructions

What to Expect After Dermal Fillers with Dr. Nikko

It's very important to learn how to care for your lips before and after having an enhancement. And it's important to remember hyaluronic acid dermal fillers are not permanent treatments!

Day of Treatment: Before & Immediately after treatment it's important to avoid contact with the treated area. To decrease the risk of bruising we recommend taking arnica. Avoid consumption of alcohol, and avoid blood-thinning medications for at least 7 days prior to procedure. Including: Aleve, Advil, Aspirin, Fish Oils, Vitamin E, Green Tea, Garlic and Ginseng.

The most common side effect is irritation and some patients may experience bruising, redness, swelling and tenderness. Most side effects should go away within a few days. It's important to speak with one of our Nurses if pain levels increase or if side effects last longer than a week.

* We recommend you do not drink an excessive amount of alcohol for 24 hours after treatment, and avoid heavy physical activity.

Post After Care: If you experience any of the side effects listed above here are a few easy steps you can take to minimize reactions and alleviate pain.

- **Gently apply a cool compress for 5 minutes as needed**
- **Reduce facial expressions for the first 48 hours**
- **Avoid sun exposure if you're experiencing bruising**
- **Do not massage, touch or poke injected areas**
- **Keep your head elevated while sleeping**
- **Stay hydrated and consume plenty of water**

Follow Up: Most patients tend to see full results 7 days after injections. Results may vary between patients. Most patients will generally see fullness start to diminish 10-14 months post treatment.

A word from Dr. Nikko: We at Nikko Cosmetic Surgery Center & Nikko Dermatology would love to continue to be your Lip Enhancement provider and we always encourage you to bring a friend or family member along to your next office visit