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POST CARE for Dermal Filler

- Do not massage the treated areas. Skin redness, bruising, swelling, tenderness, and/or itch are common. If the symptoms persist longer than 3 days, please contact our office.
- Minimize movement of the treated area. However, if there is a visible bump, firmly massage the area.
- Avoid applying heat to the treated area until bruising or any swelling have resolved. Avoid activities that cause facial flushing on the day of treatment including consuming alcohol, hot tub or sauna use, exercising, hot wax, and tanning. Avoid extreme cold like skiing or hiking outdoors.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. When bruising occurs it typically resolves within in 7-10 days.
- After treatment, oral and/or topical Arnica Montana may help reduce bruising and swelling. You can find Arnica in the natural foods section of your grocery store or local pharmacy.
- You may also take acetaminophen (Tylenol) to reduce pain. Avoid consuming alcohol, taking aspirin, ibuprofen, or anti-inflammatory medications within the next 4 hours as they may increase bruising.
- Routine washing and showering is fine with gentle cleanser and moisturizers (our esthetician, Julia, can answer any questions regarding our PCA, EltaMD and Regenica product lines). Sunscreen SPF40 and makeup may be applied.
- Return to clinic 2 weeks for re-evaluation.

Please contact us immediately if you experience:

- Fever/chills; area appears red, hot to touch, and angry looking.
- Severe pain or increasing pain at site; purple blotches at areas not injected; or blanching (whitening or bluish tinge) of the area injected.