



Karma Wellness Center

Dermal Fillers

Post-Treatment Care

Your skin has received dermal filler injections and will need gentle care while the product settles and the tissues recover. Following these guidelines will help optimize your results, reduce swelling and bruising, and minimize the risk of complications.



DO

Days 0-2

1. **Minimize swelling.** Apply cold compress or ice pack for 10-15 minute intervals to reduce swelling.
2. **Avoid touching treated area.** Do not touch, press, or massage treated area unless specifically instructed by your clinician.
3. **Elevate your head** when resting or sleeping.
4. **Avoid vigorous exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperature.
5. **Avoid Retin-A, Tretinoin or Retinol** based products.
6. **Avoid Dental Work** especially if lips or nasolabial folds were treated.
7. **Avoid wearing makeup** to minimize risk of infection.



DO NOT

1. **Do not take Advil** or other anti-inflammatory pain medications.
2. **Do not apply Retin-A, Tretinoin, Retinol** or other active products unless instructed by your provider.
3. **Do not perform vigorous exercises** and activities that may cause skin flushing or perspiration.
4. **Do not consume alcohol** or spicy foods.
5. **Do not wear makeup** to avoid risk of infection.

Please note the risks associated with filler treatment:

Acne-like skin eruptions, skin sensitivity (rash, itching, tenderness), skin infection, damage to nerves or blood vessels, skin lumpiness, scarring, skin necrosis, hyperpigmentation reactivation of herpes infection (blisters or skin sores).

Contact Us if you Experience

- ! Severe pain that worsens after treatment
- ! Skin turning **pale, white, purple, or blotchy**
- ! Vision changes or blurred vision
- ! Skin blistering or ulceration
- ! Extreme swelling

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office



845-825-3362