

### ***Congratulations on enhancing your appearance!***

The filler will plump areas in your face that have, over the years, lost their youthful fullness.

- AVOID: touching, pressing, rubbing or manipulating the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. You can cause irritation, sores, and/or problems, and possible scarring if you do.
- AVOID: strenuous exercise for 24 hours.
- AVOID: extensive sun or heat for 72 hours.
- AVOID: consuming excess amounts of alcohol or salts to avoid excess swelling.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off. After that, you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort. AVOID: Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod, Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids for at least 3 days after treatment.
- Try to sleep face up and slightly elevated if you experience swelling.
- One side may heal faster than the other side.
- You must wait 2 weeks before any enhancements.

**\*\*Please report any redness, blisters, or itching immediately if it occurs after treatment.**

***The filler will gradually dissipate. We recommend having your next treatment in 6-9 months. Many patients save time by scheduling their dental cleaning along with their filler appointment.***

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the "Patient Resources" tab.***