

Dermal Fillers

POST CARE INSTRUCTIONS



Today you received Dermal fillers to restore volume loss or hydration. Please read below the post care instructions and don't hesitate to reach out with any concerns. See you at the follow up appointment.

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hrs
- Avoid extensive sun or heat for 72 hrs.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling
- If you have swelling you may apply a cool compress for 15 minutes each hour
- Use Tylenol for discomfort
- Try to sleep face up and slightly elevated if you experience swelling
- Take arnica to help the bruising and swelling.
- Please report to your provider immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or micro-dermabrasion for 2 weeks after treatment.
- Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.

- The B.A.O. Team

QUESTIONS?
CONTACT US

jenn@baobeauty.ca
705-286-0000

www.baobeauty.ca