



**Epiphany Spa & Wellness Inc.**  
15 – 1400 Cornwall Rd.  
Oakville, Ontario L6J7W5  
(416) 786-1609

**Contractor:**

---

*Nurse Practitioner*

## DERMAL FILLER - Post Treatment Instructions

Today, you have had injections with hyaluronic acid temporary filler to restore volume to your skin. The product has been placed carefully in the appropriate position to achieve the best cosmetic result. A local anesthetic containing lidocaine may have been used on the surface of the skin or by injection.

After treatment, you may experience swelling, redness, pain, itching, discolouration and tenderness at the site of treatment. Cold compresses (a cloth dipped in cold water, wrung out, and applied to the injected area) may be used immediately after treatment to reduce swelling. This will typically last for less than a week. If the lips were injected, the swelling may be more significant. Arnica cream can be helpful to minimize the redness and swelling. Additionally, although uncommon, red or swollen small bumps may occur in some patients. In rare circumstances, a blood vessel may have been injected which can damage the skin.

Be aware that you must guard against infection by keeping the skin clean, especially in the first 48 hours. You may apply makeup after 12 hours, but do so gently. Avoid excessive rubbing or manipulation of the skin. Heavy exercise and alcohol is permitted after 24 hours.

The gel is quite movable for the first few days – do not press on it, and try to sleep on your back. A neck pillow may assist.

For at least 2 weeks after treatment, avoid prolonged exposure to either hot (eg. hot tubs) or cold (like snowmobiling) and prolonged direct sun exposure.

Please report any redness and/or visible OR WORSENING swelling that persists for more than 1 week or any other symptoms that cause concern, to our office. We would like to see you 1-2 weeks after treatment in order to repeat your personal photos and assess the outcome of the injections. Additional injections may be undertaken at an additional fee.

Your new filler may take a little getting used to. Over the course of the next few weeks, it will settle into position and absorb water, improving the initial effect. Fillers usually last for 6-9 months, but they may last longer or shorter, depending on the metabolism of the patient.

Enjoy a younger, more refreshed looking face!