



ALASKA WOMENS ADVANCED AESTHETICS

4050 Lake Otis Pkwy suite 106

Anchorage, AK 99508

(907)743-8064

After your Skin Filler Treatment

- Immediately after the treatment, the most commonly reported side effects were temporary redness and swelling at the injection site. These side effects typically resolve in two to three days. Cold compresses and Extra Strength Tylenol may be used immediately after the treatment to reduce swelling. If the inconvenience continues beyond two to three days or if other reactions occur, please call our office at 743-8064.
- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun lamp or sun bathing).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to the physician about medications to minimize recurrence.
- **Avoid** taking Aspirin, non steroidal anti-inflammatory medications, St. John's Wort and high doses of Vitamin E supplements for 1 week after the treatment. These agents may increase bruising and bleeding at the injection site.
- **Avoid** exercise and alcohol for twenty four hours post treatment.
- **Arnica** is very helpful to heal bruising quicker. It can be found easily at most grocery stores.
- Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks, to see whether a touch-up is necessary in the facial sculpting process. Call us at: 907-743-8064. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments.