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**CENTER FOR DERMATOLOGY AND LASER SURGERY**

5601 J Street  
Sacramento, CA 95819

Patient:

Procedure Date:

**FILLER AFTER CARE INSTRUCTIONS**

There is very little downtime associated with a Juvederm/Restylane Injectable Gel dermal filler procedure. In fact, most patients return to their normal daily activities right after their visit. Just like any injection, you may experience mild irritation, swelling, itching, redness, bruising or tenderness at the injection site. These side effects typically resolve on their own. If any of these side effects persist, call our office immediately.

- Many patients immediately return to their normal routine/activities. We recommend that you avoid strenuous exercise for 6 hours following injections.
- Makeup can be gently applied shortly after treatment (if no complications are present).
- The injection area may be gently washed a few hours after treatment. Avoid aggressive scrubbing or rubbing.
- Excessive UV exposure should be avoided until the redness or swelling has subsided.
- Do not massage, rub or attempt to move the product. It is non-migratory after the time of injection. A temporary amount of minimal to moderate swelling can be expected following treatment. This should dissipate in the days following injection.
- It is normal to experience some tenderness at the treatment site for a few days. Bruising at the site of injection is a commonly reported side effect. Icing on and off to the affected areas for the first 48 hours, then warm compresses three times a day may help to minimize bruising.
- If you feel you have excessive bruising please call our office.
- For any concerns, please call our office at 916-454-2155.

Any questions or concerns, please call our office at 916-454-5922