

**(530) 222-3678**

**Post-Filler Care**

1. **Elevate your head by 30 degrees overnight**—that’s about 3-4 pillows. This will reduce night-time swelling.
2. **ARNICA (an herb) cream/gel/oral pills can be used to reduce the time a bruise is visible.** We sell a very high content arnica product called Biopelle *Auriderm* clearing gel with Vitamin K Oxide and Arnica.
3. **Ice the treated areas 15-20 minutes on and 30-45 minutes off through-out the day** to prevent excessive swelling & bleeding.

• We always recommend icing 1-2 times prior to sleep.

• Icing longer than 20 minutes will cause increased swelling and pain.

1. **Other helpful tips:**

• Avoid placing excessive pressure on the treated area(s) for the first few hours and up to 2 to 3 days after; when cleansing your face or applying makeup, be very gentle.

• Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.

• You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.

• Avoid extended UV exposure until any redness/swelling has subsided. **Be sure to apply an SPF 50 or higher sunscreen DAILY. This will also help extend the life of your filler.**

• Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.

1. **We would like you to return in 1-2 week for a touch-up, pictures, or just to make sure you are happy with the treatment(s).** This is a free service other offices DO NOT offer. The cancellation/no-show policy still applies and YOU WILL BE CHARGED despite this being a normally “free” appointment!

• Dr. Farley usually saves a small amount of your filler to correct any imperfections at your touch-up appointment.

• **There is no charge to you for this one-time touch-up appointment, unless it is more than 6 weeks after your original injection date.**

• Then it qualifies as a RE-INJECTION and the charges below apply.

1. **We can “Book” or save left over filler for re-injection at a later date.** This is a benefit few offices offer. As such, please remember the following:

• Booked filler cannot be shared with family or friends.

**• Holding and re-injecting booked filler costs our office money. Therefore, there will be a $150.00 re-injection charge. This charge can change without notice.**

• **If the product goes bad, or expires, it will be disposed of without notice to the patient.**

• **It is your responsibility to schedule a 6 month re-injection appointment.**

**CAUTION:  CALL if any excessive pain, bleeding, swelling, or blanching of the skin occurs after the procedure. This usually occurs immediately or within a few hours.** While rare, it could indicate occlusion of a blood vessel that requires reversal of the product to prevent sores or ulceration. The most common area for this to occur is at the sides of the nose and in the frown area between the eye brows.

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