



FILLERS

JUVÉDERM® | BELOTERO® | RESTYLANE®

RECOMMENDATIONS AFTER YOUR TREATMENT

Congratulations! You have just completed your fillers treatment.

- **Avoid massaging or handling** the treated area for the first 24 hours.
- Plan for a **low exposure to the sun** and UV rays during the 2 weeks following the injection.
- **Avoid strenuous exercise** for 24 hours after your treatments.
- Bruising is rare, but sometimes unavoidable despite the greatest precautions. Inconvenient but not dangerous, they can easily be hidden with some makeup and will disappear after 5 to 10 days.
ARNICA cream (Traumacare® / Arnicare®) applied 3 times / day can speed the healing.
- Inflammatory reactions such as redness, mild pain on pressure, or swelling may occur at the injection sites. These reactions may persist for up to 7 days after the injection.
- In case of swelling, you can apply **cold compresses** for a period of 10 to 15 minutes, every 30 to 60 minutes, Avoid applying ice directly to the face.
- Although invisible to the eye, it is quite normal to feel the presence of the product under the skin when touched, since the product takes from a few days to a few weeks to properly mold to the face.
- Worsening / persistence of pain or the appearance of a whitish / bluish discoloration of the skin must be **reported immediately** by calling the number below.

If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca