

FILLER

TREATMENT GUIDE

The Process:

Dermal filler is injected into the skin to soften creases or folds, support areas of volume loss or contour specific facial areas. Local numbing may be used to maximize your comfort during the procedure. Some patients experience a mild discomfort typically associated with needle injections. Some practitioners will massage the area treated, to even the correction, which may cause a temporary minimal to moderate amount of redness.

Post-Care Expectations:

- Some patients report a mild to moderate amount of stinging or aching sensation post injection.
- Bruising at the site of injection is a commonly reported side effect. To minimize bruising, inform your provider if you used blood thinners such as ibuprofen, aspirin or herbal preparations prior to procedures. Arnica can be taken to reduce bruising.
- Temporary minimal to moderate swelling can be expected, which should dissipate following injection. Some patients report a dramatic reduction in swelling hours after treatment.
- It is normal to experience some tenderness at the treatment site for a few days.
- It is normal to feel firmness in your injection area or uneven swelling for the first few days after treatment. Over time the area will soften, even out, and leave a soft natural looking result.
- Results are not permanent and you will need touch up treatments periodically.
- Many patients return to their normal routine/activities immediately.

Post-Care Instructions:

- Do not take ibuprofen, aspirin or vitamin E for 72 hours post-treatment.
- If there is swelling, apply an ice pack or cold compress to the injection area. Be careful not to apply pressure.
- Within the first 48-72 hours you should avoid strenuous exercise, sunbathing/UV and heat exposure and alcoholic beverages.
- Do not massage or manipulate the injected area unless directed by PuraVida staff to do so.
- The injection area may be gently washed a few hours after treatment; avoid scrubbing or rubbing.
- Makeup may be applied shortly after treatment if no complications are present. Please apply makeup gently.
- If redness or swelling persists too long or worsens, or other side effects are experienced, immediately report symptoms to your physician.
- Bruising can be treated with a quick, complimentary laser treatment. Call PuraVida to schedule.



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