

Post-Treatment Instructions – Dermal Fillers

What you should do after Dermal Filler Treatment

- Apply an ice pack or cold compress gently to the injection area after treatment to help reduce swelling. Do not apply pressure. If swelling or redness persists too long, please contact your physician or our office.
- It is normal to feel firmness in your injection area for the first few days after treatment. Over time, the area will soften, leaving you a soft, natural-looking result.
- Many patients return to their normal activities immediately, but you should check with your physician if you have questions.
- Make-up can be applied shortly after treatment if no complications are present. Apply make-up gently, avoiding strenuous rubbing of the injection area.
- The injection area may also be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing.
- Immediately report any worsening or persistent symptoms or side effects to Dr. Ledding or your physician.

You should **avoid** the following for 2 weeks after the treatment:

- Prolonged exposure to sun or UV rays
- Temperatures below 0c
- Any saunas or steam baths
- Massaging the area and/or putting pressure on it for a few days

We strive to fully satisfy our patients. We offer the special service of contacting you as a reminder before your booked appointment. If that date/time is not suitable, we will be more than happy to adjust it to fit your schedule.

If you have any questions or concerns, please feel free to call us at **306-780-3650**.



Ledding Plastic Surgery

Cornwall Professional Building

#314, 2125 11th Avenue, Regina, SK S4P 3X3

Phone: 306-780-3650 Fax: 306-780-3718

www.leddingplasticsurgery.com leddingoffice@sasktel.net