



Post Treatment Instructions
For Dermal Fillers & Platelet Rich Plasma (PRP)

- Cold compresses or ice applied to the injected area may be used immediately after treatment to reduce swelling.
- Avoid touching the treated area for six hours following treatment. After that, the area can be gently washed with soap and water.
- Until there is no redness or swelling, avoid exposure of the treated areas to intense heat (tanning bed or sunbathing).
- Most side effects are mild or moderate in nature and their duration is short (7 days or less). The most common side effects include, but are not limited to, temporary injection site reactions such as redness, pain/tenderness, firmness, swelling, lumps/bumps, bruising, itching and discoloration. As with all skin injection procedures there is a risk of infection.
- If you have previously suffered from cold sores, there is a risk that the needle punctures could contribute to another occurrence. Continue anti-viral medications as instructed by your physician.
- Avoid sleeping, laying, or putting pressure on the injection site for the next week.
- You may wish to avoid taking aspirin, non-steroidal anti-inflammatory medications, fish oil, St. John's Wort, and high doses of Vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site. You should consult with your primary care doctor regarding the discontinued use of the afore mentioned medications.
- Call our office if you have prolonged swelling beyond 72 hours or any signs of infection.

De Luz Medical Aesthetics
31843 Rancho California Road, Suite 200
Temecula, CA 92591
951-694-3600