



8 Point Lift Aftercare Information:

General Information

As we age, we lose collagen and our structures naturally fall so dermal fillers and or bio stimulants are a great option to help combat the natural loss of collagen.

It's normal to feel some discomfort during the procedure and to see bruising develop in the hours after, so we place ice followed by topical application of Arnicare gel to reduce bruising. If you bruise, we expect it to heal in about 7-14 days. It is also normal to experience redness and swelling around the injected areas, which should resolve over the next hours to days. Asymmetry is part of normal human anatomy, but can be enhanced during times of swelling, like directly after a procedure such as this.

The following are post-treatment recommendations to improve comfort, reduce inflammation, and limit the chance of post-procedure complications:

-  Always wash your hands thoroughly before touching your face.
-  Avoid hot tubs, saunas, heavy exercise, and sun/heat exposure for 3-5 days after treatment. Take this time to rest and heal instead.
-  Avoid touching, rubbing, or applying pressure on the treated area(s).
-  Ice the treated area(s) for the next 24-48 hours, placing an icepack for 5-10 minutes every hour. Do not apply heat or pressure unless directed by your clinician.
-  If pain relief is needed, take over-the-counter Tylenol as needed (instead of ibuprofen/Motrin/Advil).
-  Do not lay down flat for several hours after your treatment, and sleep on your back with your head elevated for 3-5 days after treatment, to help lessen swelling.
-  Avoid applying makeup, but if you need to apply product we recommend waiting until after the first 24hrs, and using new or well-cleaned brushes and make-up.
-  Avoid alcohol, caffeine, high salt/sugar food, spicy food, and cigarettes for at least 24-48 hours after your procedure, as these may contribute to increased swelling, bruising, and redness.
-  Stay hydrated and eat as cleanly as possible, focusing on nutrient-rich whole food.
-  Follow the skincare recommendations given to you by your provider at the end of your treatment, and wait at least 2 weeks before resuming cosmetic treatments using laser/ultrasound/peels/facials/microdermabrasion.

(flip for contact information)

These recommendations should not inhibit your ability to participate in most normal day to-day activities, but if the swelling becomes extremely uncomfortable or if you experience any other extreme symptoms (such as numbness, tingling, discomfort, facial muscle weakness, skin ulceration/discoloration around injection sites) we need to know right away.

Contact information:

For questions or concerns not requiring an urgent response please email us at

beth@belloramedicalaesthetics.com

For questions or concerns requiring an urgent response please call us at

206.683.4893.

If you are experiencing a medical emergency, please call 911 promptly.