VIVE MED SPA

POST CARE DERMAL FILLER INSTRUCTIONS

- Avoid significant movement or massage of the treated area. Unless instructed by the provided.
- No exercise for 24 hours post treatment.
- Avoid extensive sun or heat for 72 hours.
- Avoid consumption of excessive amounts of alcohol or salts to avoid excess swelling and bruising.
- Fish oil, aspirin, blood thinners, and alcohol can increase the risk of bruising and slow healing.
- If you have swelling, you may apply a cool compress for 15 minutes each hour. Aloe and Amica, applied topically or taken orally may help with swelling and bruising.
- Tylenol can be taken in its manufacturer recommended doses for discomfort.
- Try to sleep face up and slightly elevated if possible.
- Take Amica orally and topically to help with bruising and swelling for up to 14 days.
- It is normal during the healing process to experience the following:
    - Swelling
    - Bruising
    - Tenderness
    - Asymmetry
- Two-week follow is protocol.
- If you are prone to cold sores, administer and antiviral medication as prescribed by your doctor or call us for assistance with this matter.
- Optimal results are seen one month post injection.

Please contact the office at 720-698-3327 if you have any questions or concerns.