



CBAM CLINIC

— COSMETIC | ANTI-AGING —

POST-CARE INSTRUCTIONS

Dermal Filler Treatment:

- Avoid significant movement or massaging of the treated area (unless otherwise instructed by the provider).
 - Avoid strenuous exercise for 24 hours.
 - Avoid make-up for 4-6 hours to prevent infection.
 - Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
 - Use Tylenol for discomfort if approved by the provider
 - Try to sleep face-up and slightly elevated if you experience swelling.
- Take Arnica to help with bruising and swelling, start at least 2 days prior to injections.
- Redness and/or bruising are possible after the injection. In case of any excessive swelling/redness or bruises, please contact your provider.

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