



# DISCHARGE INSTRUCTIONS

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- **COLD COMPRESSES** may be used **GENTLY** immediately after treatment to reduce swelling and alleviate redness, itching, and tenderness.
- **AVOID** touching the treatment areas within six (6) hours following treatment. Do not massage or put pressure on the treatment area unless instructed by your injector. After twenty four (24) hours have passed, the area can be gently washed.
- Sleep with your **HEAD ELEVATED** and on your back to reduce the amount of swelling.
- You may shower and apply cosmetics/lotions on the treatment area **AFTER** twenty four (24) hours has passed.
- **AVOID** sunbathing and cold outdoor activities until redness and swelling disappear.
- **AVOID** heavy aerobic exercise (or anything to raise your core body temperature or blood pressure) and alcohol for twenty four (24) hours after treatment.
- Acetaminophen (**TYLENOL®**) can be used for any discomfort.
- You might see some bruising occurring one (1) to two (2) days after injections. This should **IMPROVE** in several days. You may take SinEcch® (Arnica Montana) to help bruising resolve at a faster rate (this can be started one week prior to injections). Usage depends on formulation.
- **AVOID** dental work for thirty (30) days after filler injections.
- Although results will be seen immediately, the **BEST EFFECTS** will be seen after the swelling has resolved. This resolution can take up to two (2) weeks. After two weeks has passed, you and your provider can decide if additional filler is necessary to achieve the desired results.
- **LUMPS OR BUMPS** may be noted once the swelling has subsided. It is normal to feel these firm nodules, however they should not be visible.
- If you experience any of the following symptoms, **CONTACT US IMMEDIATELY:**
  - Dusky or white discoloration of the injected areas
  - Mottling or unusual bruising
  - Severe or increasing pain or redness
  - Increasing warmth or coolness to the touch
  - Severe swelling, itching, or blisters
  - Difficulty smiling or swallowing
  - Fever or chills

**Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.**